Jaxon’s Story:

"My son Jaxon got measles when he was seven months old, too young to get immunized. He got better, but five years later he started having seizures. He lost the ability to swallow, speak, and walk. After suffering greatly, Jaxon died a few years later. His condition was caused by the measles virus.

We learned that, even though there is an effective vaccine, measles is still a leading cause of death among young children worldwide. And in our community, parents are not fully immunizing their children, which puts them at risk to get and spread measles and other terrible diseases. I hope my story can help prevent another child from experiencing what my son went through."

Paula Abalahin, Jaxon’s mom
Port Orchard, WA

Learn more about vaccine benefits and risks.

**HOW COMMUNITY IMMUNITY WORKS:**
- VISIT: www.pbs.org/wgbh/nova/body/herd-immunity.html

**RELIABLE VACCINE INFORMATION:**
- VISIT: www.vaccineinformation.org/trusted-sources

**MEASLES IN WASHINGTON STATE:**
- VISIT: www.doh.wa.gov/Measles

**IMMUNIZATION INFO AND MORE:**
- VISIT: www.withinreachwa.org/immunizations

**JOIN THE IMMUNITY COMMUNITY:**
- VISIT: www.immunitycommunitywa.org

**VIEW IMMUNIZATION RECORDS ONLINE:**
- VISIT: https://wa.myir.net

Protect Your Family and Community from Measles

MMR VACCINE PROTECTS AGAINST MEASLES, MUMPS, AND RUBELLA

WithinReach Family Health Hotline
1-800-322-2588 (TTY relay)
or www.ParentHelp123.org

Follow us on Facebook @WatchMeGrowWA
Visit: www.watchmegrowwa.org

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If you have a disability and need this document in a different format, please call 1-800-322-2588 (TTY relay).

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What is community immunity?
Community (or herd) immunity helps slow down and stop the spread of disease among people. It works when most people in a community have immunity to, or protection from, a disease. People become immune by getting vaccinated or by having had the disease. For some diseases, such as measles, more than 9 out of 10 must have immunity to keep the disease from spreading.

Who depends on community immunity?
We all depend on community immunity. People who can’t fight diseases on their own or who aren’t immune really depend on it. When you immunize yourself and your family, you also help protect others at risk in your community, such as:
- Infants and the elderly.
- People with weak immune systems, such as those with heart disease or cancer.
- People who aren’t fully immunized.
- Pregnant women.

Does your community have immunity?
IMMUNIZE your child on time. Make sure you and your child’s caregivers are immunized, too.
ASK your child care, preschool, or school about their immunization rates.
SPEAK UP and tell others your child is fully immunized. Make sure your friends and neighbors know about the risks of not immunizing and the benefits of community immunity.

The best protection against measles is to get vaccinated.
In recent years, outbreaks of measles have occurred in our state. The best protection against measles is to get vaccinated with the MMR (measles, mumps, and rubella) vaccine.

Measles virus travels through the air. You can get measles even if you go into a room for up to two hours after an infected person was there. Almost everyone who has not had the vaccine or measles will get sick if they are exposed to the virus.

Measles starts with a fever, runny nose, coughing, red watery eyes, and tiredness. After a few days, a rash begins. Some people also get pneumonia, brain damage, or deafness, and some may die.

Measles is very contagious and can be serious, especially for young children.

MMR vaccine protects against measles, mumps, and rubella. The vaccine is about 93 percent effective with one dose and 97 percent effective with two.

Kids should get two doses:
- First dose between 12 and 15 months
- Second dose between 4 and 6 years

Did you know?
When you get vaccinated, you protect not just yourself, but your whole community! You can help stop the spread of measles to other people who can’t get immunized because of their health or age.