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/YouandYourFamily/illnessandDisease/measles

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

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

WithinReach Family Health Hotline
1-800-322-2588 (711 TTY relay)
or www.ParentHelp123.org

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

Child Profile is a program of the Washington State Department of Health.

This publication was made possible, in part, by cooperative agreement #IP000762 from the Centers for Disease Control and Prevention.

If you have a disability and need this document in a different format, please call 1-800-322-2588 (711 TTY relay).

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525-085E | DOH 348-235 | June 2018
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, 95 percent of us (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, but especially those who can’t fight diseases on their own or aren’t immune. 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.

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, diarrhea, 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.

**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.

**Protect your family. Protect your community. Vaccinate.**

**If traveling outside the United States, talk to your healthcare provider about vaccine recommendations for your whole family.**

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

**MMR vaccine protects against measles, mumps, and rubella.**

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

**Protect your family. Protect your community. Vaccinate.**