



**You do this to  
protect your children.  
Protect them with  
vaccines too.**

**Vaccines save lives. Learn more at  
[apic.org/vaccinatenow](https://apic.org/vaccinatenow)**



The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at [apic.org](https://apic.org).

# Not vaccinating your children puts them at risk for serious health complications, and even death.

## Measles, also called rubeola, is a serious respiratory illness caused by the measles virus.

- About 1–3 out of every 1,000 U.S. children who get measles die from it.
- About 1 child out of every 1,000 will suffer from encephalitis (brain swelling), and may go on to have long-term brain damage.
- Ear infections occur in about 1 out of every 10 children with measles and can result in permanent hearing loss.
- 1 out of every 20 children with measles get pneumonia, the most common cause of death from measles in young children.
- Nearly 1 out of every 3 children under the age of 5 who get the measles end up in the hospital.

Measles is one of the world's most contagious diseases. If one person has it, 9 out of 10 people around the infected person will also get it if they are not protected. It spreads through the air when an infected person coughs or sneezes and can be spread even if the infected person is no longer in the room.

Choosing to not vaccinate your children not only leaves them susceptible to measles, but also exposes other children to measles. This includes infants who are too young to be vaccinated and those who are unable to be vaccinated due to other health conditions.

## Vaccines are safe and effective.

There is no link between vaccines and autism. A 1998 study in the *Lancet* linking the measles, mumps, rubella (MMR) vaccine with autism was proven fraudulent and was retracted. Numerous studies since then have confirmed that children who receive the MMR vaccine are not at increased risk of autism.

The belief that vaccines are dangerous due to preservatives is a problem in many communities. The MMR vaccine never contained any preservatives. Most vaccines are dispensed in single-dose vials and therefore do not require preservatives.

## Vaccination is the best way to prevent measles.

Children need two doses of measles vaccine. The first dose of the MMR should be given at 12–15 months of age; the second dose is given before a child enters kindergarten (4–6 years of age). Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective. There are additional recommendations for adults and those who are traveling outside of the U.S., including infants as young as 6 months of age.

## Protect your children by getting them vaccinated. Visit [apic.org/vaccinatenow](https://www.apic.org/vaccinatenow) to learn more.

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### REFERENCES

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