

As of March 11, 2025, there has been [one case of measles](#) in Vermont in 2025. Stay up to date at HealthVermont.gov/measles.

Key Facts about Measles

- Measles is not just a little rash. It can be dangerous, especially in children younger than 5 years old. About 1 in 5 unvaccinated people in the U.S. who get measles are hospitalized.
- Measles is one of the most contagious diseases. An infected person will spread measles to about 9 out of 10 people they come into contact with who are not vaccinated. The virus can spread to other people when an infected person coughs or sneezes. The virus can stay in the air for up to two hours after an infected person leaves an area. People can become infected if they breathe in the germs or touch a contaminated surface and then touch their eyes, nose, or mouth.
- Measles is almost entirely preventable with vaccines. While most people in the U.S. and Vermont are vaccinated against measles, communities with lower vaccine coverage are at higher risk for outbreaks.

o According to [2023-2024 school immunization survey data](#), 93% of children in Vermont public and independent schools are fully vaccinated against measles before entering kindergarten. This data doesn't include children who are homeschooled or not yet enrolled in school.

o Because measles is so contagious, 95% of a population needs to be immune to limit the spread of the virus effectively.

This school year 24-25, Calais Elementary School has a 97% vaccination rate for Measles, Mumps, and Rubella (MMR).

- Measles vaccines are safe and highly effective. It is part of the measles-mumps-rubella vaccine or "MMR." Two vaccine doses are 97% effective against measles (one dose is 93% effective).
- Measles is still common in many parts of the world. Every year, measles is brought into the U.S. by unvaccinated travelers who get measles while they are in other countries.

Here's how you can help keep your family, school, and community healthy:

1. Make sure you and your family are vaccinated against measles—especially if you plan to travel outside of the U.S.

Measles is still common in many parts of the world. Every year, measles is brought into the U.S. by unvaccinated travelers who get measles while they are in other countries.

- Children should get two doses of measles, mumps, and rubella (MMR) vaccine—the first dose at 12-15 months and the second dose at 4-6 years.
- Babies 6-11 months old who are traveling internationally should get an early dose of the MMR vaccine at least two weeks before travel.

1. If your child is sick with measles symptoms, stay home and call your doctor.

- Symptoms usually start with a high fever, then a cough, runny nose, and red and watery eyes. A rash usually appears three to five days after the first symptoms.
- If you do not have a health care provider, call 2-1-1 to be connected to care.
- If you suspect measles, make sure to call before going to a doctor's office, the hospital, or a clinic to let them know about symptoms. Because the virus is so contagious, the office will need to take precautions before you arrive.
- While there is no treatment for measles, your doctor will have the best guidance on how to care for a child with measles.