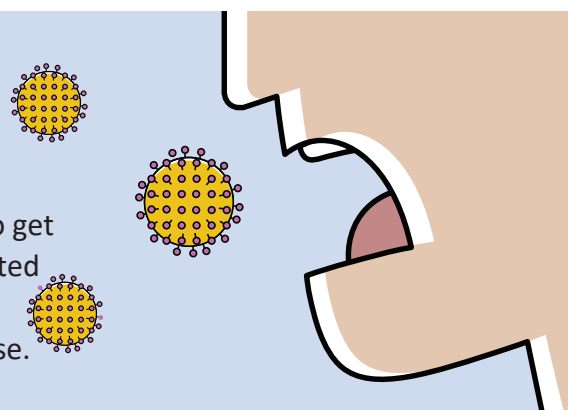


3 THINGS PARENTS NEED TO KNOW ABOUT MEASLES AND VITAMIN A



Measles is making a comeback around the world

Every year, measles is brought into the US by unvaccinated travelers who get infected by the virus while in other countries. Anyone who is not vaccinated is at risk of getting measles. Misinformation continues to circulate about the role that vitamins, specifically vitamin A, plays in managing the disease.



1. Vitamins do NOT prevent measles



Only the measles vaccine can prevent measles—All children should get 2 doses of MMR (measles-mumps-rubella) vaccine to prevent measles



Vitamins should NOT be used to prevent measles

2. Giving high doses of vitamins may be dangerous



Routinely getting an overload of vitamins can actually hurt you—For example, too much vitamin A can cause dizziness, nausea, headache, coma, and even death



Due to the danger of overdoses, high-dose vitamin A should only be used in the management of measles **under the direct supervision of a healthcare professional once a diagnosis is confirmed**

3. The best way to prevent measles is through vaccination



Stay up-to-date with all recommended vaccines, including MMR



Stay healthy by exercising and eating a balanced diet. The best sources of vitamin A include: milk, eggs, cheese, fortified breakfast cereals, leafy green vegetables, orange vegetables, and fish.

#GetVaccinated to #PreventMeasles

LEARN MORE AT
www.nfid.org/measles



**National
Foundation for
Infectious
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