



### **Are You Protected?**

Measles cases are occurring across the US and internationally. Getting the MMR vaccine is the best way to protect yourself and your family from getting measles. Staying updated with vaccines also protects those too young to be vaccinated. Learn more at: [ph.lacounty.gov/measles](http://ph.lacounty.gov/measles).

### **您有免疫力吗？**

麻疹病例正在美国和国际上发生。接种 MMR（麻疹、腮腺炎、风疹）疫苗是防止自己和家人感染麻疹的最佳方法。及时接种疫苗也可以保护那些因为年龄太小而无法接种疫苗的人。了解更多信息：

[ph.lacounty.gov/measles](http://ph.lacounty.gov/measles)。

### **Highly Contagious**

Measles is highly contagious and can spread easily. Most people who have not been immunized against measles will get it if they have contact with the virus. Getting vaccinated is the best way to protect yourself and your family. Learn more at: [ph.lacounty.gov/measles](http://ph.lacounty.gov/measles).

### **传染性极强**

麻疹的传染性极强，所以很容易传播。大多数没有接种过麻疹疫苗的人如果接触到病毒，就会感染麻疹。接种疫苗是保护自己和家人的最佳方法。了解更多信息：[ph.lacounty.gov/measles](http://ph.lacounty.gov/measles)。

### **Get Immunized**






The measles-mumps-rubella (MMR) vaccine is safe and more than 95% effective in preventing measles. Review your immunization record and make sure you are protected against measles. Learn more at: [ph.lacounty.gov/measles](http://ph.lacounty.gov/measles).


### **接种疫苗**

麻疹-腮腺炎-风疹 (MMR) 疫苗很安全，预防麻疹的有效率超过 95%。查看您的免疫接种记录，确保您有麻疹免疫力。了解更多信息：[ph.lacounty.gov/measles](http://ph.lacounty.gov/measles)。

## Know the Symptoms

Knowing the symptoms of measles is crucial for early detection. Look out for:


-  Fever
-  Rash
-  Cough
-  Runny nose
-  Red, watery eyes

 If you have symptoms or have been exposed to measles, call your doctor before going in. To learn more about measles visit: [ph.lacounty.gov/measles](https://ph.lacounty.gov/measles).

## 了解症状

了解麻疹的症状对于早期发现至关重要。请留意：

-  发烧
-  皮疹
-  咳嗽
-  流鼻涕
-  眼睛发红流泪

 如果您有症状或接触过麻疹，请在去医生处就诊前打电话告知您的医生。了解有关麻疹的更多信息，请访问：[ph.lacounty.gov/measles](https://ph.lacounty.gov/measles).

## Measles Stats

Measles is not just a childhood illness—it's a serious disease that can lead to severe complications, especially for children. Getting immunized against measles is the best way to protect yourself and others. Learn more at: [ph.lacounty.gov/measles](https://ph.lacounty.gov/measles).

## 麻疹统计数据

麻疹不仅仅是一种儿童疾病，它还是一种可导致严重并发症的严重疾病，尤其是对儿童而言。接种麻疹疫苗是保护自己和他人的最佳方法。了解更多信息：[ph.lacounty.gov/measles](https://ph.lacounty.gov/measles)。