

Vaccines are the only way to prevent measles and rubella



Please vaccinate your child against measles and rubella!

Measles and rubella are highly contagious viral diseases that spread widely in metropolitan areas where many people come into contact with others. In recent years, reports of measles outbreaks in Japan have drawn links with the increase of visitors and overseas travel returnees who contracted the virus from Asian, African and European countries where measles is still common. A major rubella epidemic also occurred from 2012 to 2013, and many individuals became infected with rubella after 2018 as well, so we must pay full attention to prevent such diseases. In addition, vaccination records show that many of these patients did not receive 2 doses of the vaccine against these diseases (including patients whose records were unavailable).

No special treatment exist for measles or rubella, but vaccines are very effective. If you are not immune to the disease and you come into contact with an infected person, you have a very high chance of becoming infected. You will need 2 doses of the vaccine to become immune to the diseases.

Persons eligible for the vaccine free of charge:

1st Dose: 12 to 24 months (Until the day before their 2nd birthday)



Get a vaccine as a present for your child's 1st birthday

We recommend that children get vaccinated as soon as possible because the born immunity received from their mothers diminishes after their first birthday.



2nd Dose: The year before entering elementary school (April 1st to March 31st)

"But why does my child need 2 doses?"

1. Immunity may not develop or continue after only 1 dose.
2. 98 to 99% of children show immunity to both measles and rubella after 2 doses.
3. You may develop other complications if infected with measles.
4. If a woman gets rubella while pregnant, the newborn may get congenital rubella syndrome.
5. When pursuing higher education and employment, you may be asked about your vaccination history for measles.



Get vaccinated as soon as possible!

Scan this code to find a designated medical institute for vaccination



If you miss these two periods, you must schedule your child's vaccination on your own and pay costs in full (about 10,000 yen).

Number of Days between vaccinations

If you are receiving **live, attenuated vaccines** for **different kinds of diseases (MR, chicken pox etc.)**, please wait **at least 27 days** between vaccinations. If you are receiving **multiple doses of vaccine for the same disease**, the number of days required between each dose will vary. Please plan ahead before vaccination.

Side Effects of the Vaccine

You may develop a fever (13%) or rash (3%) within 2 weeks of your first vaccine, which will usually go away after 1 to 3 days. Chances of getting a fever or rash are lower after getting your second vaccine. In rare cases, there may be encephalitis or

What is measles?

Measles was known as a fatal disease in the past.

As it is highly contagious, many people will be infected if not vaccinated properly. Since recovery takes as long as 7 to 10 days, it is very physically taxing, and 1 in 10 people will be hospitalized due to other complications. The goal is to eradicate this disease across the globe.



◆ **How does the infection spread and what is the incubation period?**

The measles virus spreads through airborne, droplet, or contact transmission, which includes coughing and sneezing. The incubation period (the period of time before symptoms first appear) is approximately 10 to 12 days.

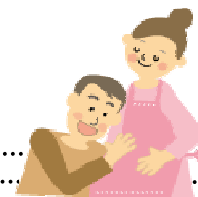
◆ **What are the symptoms?**

Main symptoms include fever, coughing, runny nose, bloodshot eyes, and a rash. The fever will be 38°C for the first 3 to 4 days, and after a temporary drop in temperature, another high fever and rash will develop. The fever and rash will subside after 3 to 4 days.

◆ **What are possible complications?**

Complications include bronchitis, middle ear infection, pneumonia and encephalitis. Out of 100 measles patients, 5 to 15 get middle ear infections, and 1 in 1,000 get encephalitis. Anytime between a few to 10 years after getting measles, about 1 in 100,000 will develop subacute sclerosing panencephalitis (SSPE), which is a type of chronic encephalitis. Among those who develop both these complications and measles infection, 1 in 1,000 will result in death.

**You will not develop these complications if you are vaccinated.*



What is rubella?

It is also known as “Three-Day Measles” because the fever and rash go away after three days.

If a woman gets rubella in the early stages of her pregnancy, she has an increased risk of giving birth to a baby with congenital rubella syndrome (which includes congenital heart disease, cataracts, and hearing difficulties). Since women cannot be vaccinated while pregnant, they must receive vaccination before pregnancy. Men should also receive vaccination to prevent spreading rubella to pregnant women around them.



◆ **How does the infection spread and what is the incubation period?**

Droplet transmission such as coughing or sneezing will spread the virus. The incubation period is 14 to 21 days.

◆ **What are the symptoms?**

Main symptoms include rash (more pale in color compared to measles), fever, and swelling of lymph nodes behind the neck. Others include coughing, runny nose, and bloodshot eyes.

◆ **What are possible complications?**

Joint pain, Thrombocytopenic Purpura, and encephalitis have been reported. In rubella patients, about 1 out of 3,000 will get thrombocytopenic purpura, and 1 in 6,000 will get encephalitis. Complications tend to be more serious in adults compared to children.

Contact Information:

Health and Welfare Centers of Each Ward

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