



18 Vaccine-Preventable Diseases

- Chickenpox (Varicella)
- Diphtheria
- Flu (Influenza)
- Hepatitis A
- Hepatitis B
- Hib (Haemophilus influenzae type b)
- HPV (Human Papillomavirus)
- Measles
- Meningococcal
- Mumps
- Pneumococcal
- Polio (Poliomyelitis)
- Rotavirus
- Rubella (German Measles)
- Shingles (Herpes Zoster)
- Tetanus (Lockjaw)
- Whooping Cough (Pertussis)

For more information, visit:

[Minnesota Department of Health](http://www.health.state.mn.us)

There are currently vaccines available for 18 dangerous or deadly diseases. Over the years, these vaccines have prevented countless cases of disease and saved millions of lives. Infants, children, adolescents, teens and adults need different vaccinations, depending on their age, location, job, lifestyle, travel schedule, health conditions or previous vaccinations.

In Minnesota, when a patient is diagnosed with a disease that is “vaccine-preventable”, the Minnesota Department of Health & local health departments work to identify individuals who may have been exposed, assess their immunity, and recommend post-exposure prophylaxis as needed for that particular situation.

Currently, there is a vaccine-preventable outbreak of measles. As of April 28, 2017, there have been 32 confirmed cases of measles in Minnesota.

What are the symptoms of measles?

- Rash AND
- Fever AND
- Cough OR runny nose OR watery/mattering eyes

Symptoms appear about eight to 12 days after a person is exposed to measles. The first symptom is usually fever. The rash usually appears 2 to 3 days after the fever begins and lasts 5 to 6 days. The rash begins at the hairline; moves to the face and upper neck and then down the body.

MMR is a vaccine to protect against measles, mumps, and rubella.

Measles causes fever, rash, cough, runny nose, and red, watery eyes. Complications can include ear infection, diarrhea, pneumonia, brain damage, and death.

Mumps causes fever, headache, muscle aches, tiredness, loss of appetite, and swollen salivary glands. Complications can include swelling of the testicles or ovaries, deafness, inflammation of the brain and/or tissue covering the brain and spinal cord (encephalitis/meningitis), and, rarely, death.

Rubella causes fever, sore throat, rash, headache, and red, itchy eyes. If a woman gets rubella while she is pregnant, she could have a miscarriage or her baby could be born with serious birth defects.

What are the risks from the MMR vaccine?

- A vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions.
- The risk of MMR vaccine causing serious harm, or death, is extremely small.
- Getting MMR vaccine is much safer than getting measles, mumps or rubella.
- Most people who get MMR vaccine do not have any serious problems with it.
- There is absolutely NO scientific link between MMR and autism. The “study” by Dr. Andrew Wakefield was retracted due to misconduct and fraud.

VACCINATION
recommendations

Children 12 months and older:

All MN children 12 months and older who have not received the measles, mumps, and rubella (MMR) vaccine should get it now.

These children can get their second dose of MMR vaccine now:

- Hennepin County children
- Somali Minnesotan children, statewide

Adults:

If you have never received the MMR vaccine, and you have never had measles, you should get the vaccine now.

VACCINE RECOMMENDATIONS MAY EXPAND IF THE MEASLES OUTBREAK SPREADS TO MORE COMMUNITIES