

Measles and pregnancy: What to know to keep you and your baby safe

Why should I be concerned?

Measles is a sickness that spreads very easily through the air.

Measles can be serious during pregnancy. It can cause:

- Serious health problems for the mother
- A baby to be born too early or too small
- Loss of the baby during pregnancy

What if I have been near someone with measles or think I may be getting sick?

Talk to your doctor or midwife right away, even if you feel well. Tell them you are pregnant and may have been near someone with measles. Do not wait until you feel sick or have a rash.

There is medicine that may help protect you if you get it within 6 days of being near someone with measles. Your doctor can tell you if you need it.

If you start to feel sick, stay home and away from other people. Call before going to a doctor's office or hospital. They will tell you how to get care safely.

Get emergency help if you have trouble breathing, feel confused or become very sick. Call the hospital before you arrive.

How can I protect myself and my baby?

- Ask your doctor if you are protected from measles.
- Stay away from people who have measles in your house or at large gatherings.
- The measles vaccine helps keep you from getting measles, but you cannot get it while you are pregnant.
- If you haven't been vaccinated, you can ask your doctor about getting it after your baby is born.

