**Sample Information for Parents of Children at Child Care Programs**

Adapt the content below for your website, newsletters, email blasts, or any other way you communicate with the parents of the children under your care.

**Immunization Protects Us All**

Children in the U.S. still get diseases that vaccines prevent. So far in 2019, more than 880 people across the U.S. have had measles. As of May 21, 2019, there have not been any cases of measles in Vermont, but we need to be prepared.

Measles is a very contagious virus. It spreads through the air when people with measles cough or sneeze. It is so contagious that if one person has it, 9 out of 10 people around them may also become infected if they are not immune. An infected person can spread measles to others before they even know they have it — up to 4 days **before** the measles rash appears. Measles is not just a rash. It can be dangerous, especially for babies and kids under 5 years old.

We care for children of many ages, and some of them are too young get the MMR (measles, mumps and rubella) vaccine – children younger than 12 months old are too young to routinely get the vaccine. Some children have severe allergies, weakened immune systems from conditions like leukemia, or other conditions that don’t allow them to be vaccinated. These children don’t have the option to be vaccinated against the disease and they can have a severe case of measles if they get it.

**Together, we can protect them**. It is extremely important that you and your children are vaccinated. To protect your family and your child’s friends in our program, we remind and encourage you to keep your children up to date on their immunizations, including the MMR vaccine.

For more information about the importance of children’s immunizations, visit <http://www.cdc.gov/vaccines/parents>.