



MONOGRAM

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Immunization: A Smart Choice for Healthy Families

Vaccines have protected children from serious illness for generations. Safe and effective, immunizations are one of the great health achievements of modern medicine, helping to prevent diseases that once claimed countless young lives. Serious childhood diseases, including those that cause death, are now much less common. In addition, healthier kids miss less school and thrive—helping entire families stay on track.



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It's easy to forget how devastating diseases like measles used to be. But recent outbreaks are a reminder: in 2025, the U.S. may see more measles cases than any year since 1992. A large outbreak in west Texas and New Mexico has already led to hospitalizations and deaths, largely among unvaccinated children.

As a medical student in rural Africa, I witnessed the severe toll of measles firsthand—children suffering from pneumonia and other complications of the disease, many of whom didn't survive. The misery is unforgettable, and it is my hope that Mono County residents and visitors avoid the impacts of this preventable disease.

Measles is highly contagious and has no cure. The measles, mumps, and rubella (MMR) or measles, mumps, rubella, and varicella (MMRV) vaccine are safe, and very effective, offering 97% immunity. Side effects are typically mild—most kids experience only a sore arm or a brief fever. Serious reactions are rare.

While concerns about vaccines and autism have circulated in the past, extensive research shows no link. Vitamin A can help reduce complications in malnourished populations but doesn't prevent infection and is less relevant in the U.S.

The bottom line: immunizations work. They are safe, effective, and essential to protecting your child and your community. I encourage Mono County families to stay informed and consider immunization—talk to your child's healthcare provider with any questions, and visit the [**CDPH website**](#) for additional information.