



Poison Centers Observe Increased Vitamin A Exposures in Children During Measles Outbreak

1-800-222-1222



**New
Jersey
Poison
Center**



Measles is a highly contagious viral infection, currently causing outbreaks in the U.S. Recent reports suggest people are using Vitamin A or Cod Liver Oil to prevent measles infection.

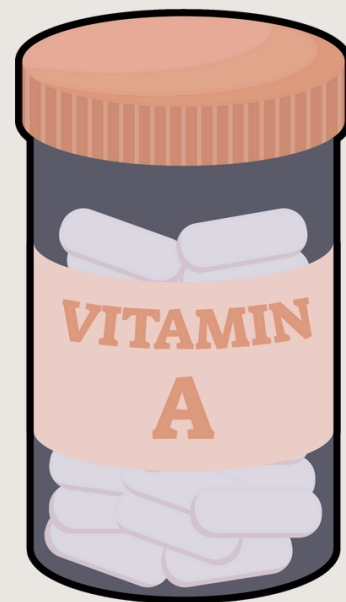
The best way to prevent measles is through the [MMR \(measles, mumps, rubella\) vaccine](#). For patients with measles, particularly hospitalized children, vitamin A supplementation is recommended to help reduce the risk of severe complications. Before administering Vitamin A supplements or any other herbs or supplements, consult a healthcare provider.



“At times, vitamin A may be used in the management of patients hospitalized for measles to reduce the risk of serious complications,” said Diane Calello, executive and medical director of the [New Jersey Poison Control Center](#) at [Rutgers New Jersey Medical School](#).

“Since taking too much vitamin A can make you sick, this supplement should only be used under the direct care and supervision of a medical provider treating a patient with measles.”

America’s Poison Centers is monitoring the National Poison Data System (NPDS) for cases of Vitamin A toxicity.



Between January 1 and March 31, 2025, there have been 86 pediatric Vitamin A exposures reported to U.S. Poison Centers representing a 38.7% increase compared to the same period in 2024.

However, despite the rise in case numbers, there has been no increase in the severity of poisoning, with no major effects reported in 2025. Not all exposures result in illness or poisoning. Additionally, the Vitamin A exposures tracked in NPDS could also come from cosmetic Vitamin A products, such as retinol.

Risks of Vitamin A Misuse:

While vitamin A is generally safe, taking excessive amounts can lead to poisoning.

Symptoms include:

- Nausea, vomiting, stomach pain
- Headache due to intracranial pressure
- Bone pain
- Vision changes
- Liver damage

Key Takeaways:

- The best prevention against measles is vaccination with the MMR vaccine.
- Vitamin A is a key part of the treatment for measles, but must be used carefully under medical supervision.
- Overuse of vitamin A can cause serious toxicity.
- Contact Poison Help at 1-800-222-1222 or [PoisonHelp.org](#) if you suspect an overdose or have concerns.

For more information on measles, vaccination, and vitamin A supplementation, visit [PoisonHelp.org](#)



**Get Free
Medical Help
1-800-222-1222**

**Medical specialists are
available to provide
information, answer questions,
and provide emergency
support 24 hours a day**

**Anyone can call for medical
help – children, teens, and
adults**

NJPoisonCenter.org

NJ Poison Control Center
is a medical resource for
both the public and
healthcare providers.

If you think someone came in
contact with something dangerous,
contact the poison control center
immediately.

Call the NJ Poison Control Center at 1-800-222-1222 or [Chat Here](#)

If someone is not breathing, hard to wake up, or having a seizure, call 9-1-1