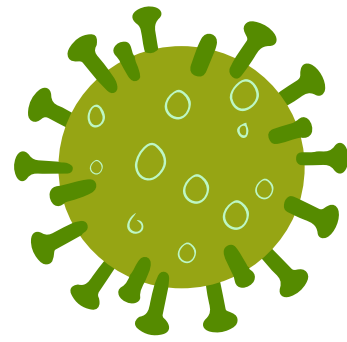


# MEASLES



## What is Measles?



- Measles is a highly contagious disease that spreads through the air when a person breathes, talks, coughs, or sneezes.
- The measles virus can live in the air for up to 2 hours after a person leaves.
- A person with measles is contagious four days before and 4 days after the rash appears.

## Signs & Symptoms

Symptoms usually appear 7 - 14 days after contact with the virus, but can take as long as 21 days.

Symptoms include:

- High fever
- Cough
- Runny nose
- Red/watery eyes
- Rash - starting from the head and spreading down the body



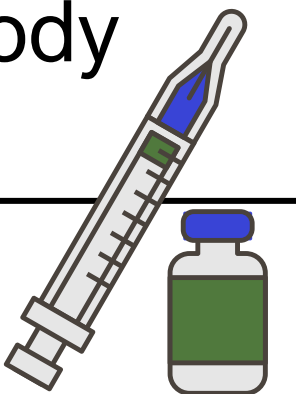
## Complications



Measles can cause serious complications, especially in children younger than 5 years of age. Complications include:

- Pneumonia
- Seizures
- Permanent brain damage
- Death

## What You Can Do



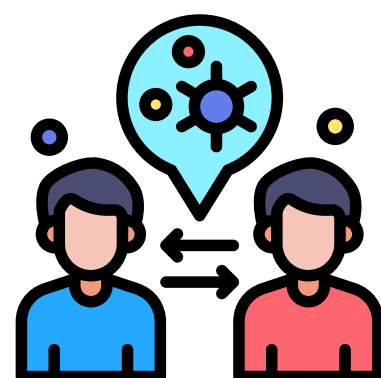
- The MMR (Measles, Mumps, and Rubella) vaccine is the best way to protect yourself.
- Two doses of the vaccine are about 97% effective in preventing measles.

**Vaccine is Free** for eligible Monmouth County residents. Call to make an appointment 732-431-7456 x7701

## U.S. Measles Cases in 2026

- The CDC has reported 1,671 confirmed cases of measles in 33 states in 2026. The total in 2025 was 2,286 confirmed measles cases in 45 states.
  - 17 outbreaks have been identified in 2026
  - 94% of the cases have been outbreak associated
  - 0 confirmed cases have been reported in New Jersey in 2026

\*Last updated 4/3/2026



## Want more info?

Visit the NJ Dept of Health for the latest info

