



What is Measles?

- Measles is a highly contagious airborne disease.
- You can catch measles by breathing in air contaminated by an infected person.
- The measles virus can live in the air for hours after a person leaves.
- A person with measles can be contagious from four days before the rash appears until four days after.

Measles Symptoms

Symptoms appear 7 - 14 days after contact with the virus. They include:

- High fever, Cough, Runny nose, Red/watery eyes, Rash

Measles can cause serious complications, especially in children younger than 5 years of age. These include pneumonia, seizures, permanent brain damage, and even death.

What's happening now in the U.S.

- There have been 3 outbreaks reported in 2025.
- CDC states that as of March 6, 2025, a total of 222 measles cases were reported by 12 jurisdictions: Alaska, California, Florida, Georgia, Kentucky, New Jersey, New Mexico, New York City, Pennsylvania, Rhode Island, Texas, and Washington.
- On Tuesday, March 11, 2025, the first cases of measles were reported in Oklahoma

What you can do

- The best way to protect yourself from Measles is the MMR (Measles, Mumps, and Rubella) vaccination.
- Two doses of MMR are about 97% effective in preventing measles.
- Free vaccines are available for Monmouth County residents in our jurisdiction. Call to make an appointment 732-431-7456 x7701