

Measles is Preventable – Learn How

What is happening with measles?

Measles was eliminated in the United States in 2000, however there are recent outbreaks across the nation. The Centers for Disease Control and Prevention (CDC) says the recent rise is linked to less vaccinations among children and more measles activity globally.

What is measles?

[Measles](#) is a virus that spreads easily. It can spread through coughing, sneezing, talking, mucous, and saliva - living on surfaces and in the air for up to two hours. Measles may lead to serious health complications, especially in young children, pregnant people, and individuals with weakened immune systems. The best way to protect yourself and your family is to get the measles vaccine, which is safe and effective.

Steps to help stop the spread of measles:

1. **[Get Immunized for Measles](#)**. Talk to your doctor today about the MMR or MMRV vaccine.
2. **[Know Your Immunity Status](#)**. Commit to learning your immunity status now, before you are exposed. If you are exposed to measles, quarantine is recommended unless immunity is documented. Keep your health records handy: previous measles diagnoses, vaccinations, or laboratory test results can prove immunity.
3. **[Travel Smart](#)**. Plan ahead to ensure your protection. Look into travel health notices for your destination. Get travel vaccines at least 2 weeks prior to departure. Monitor for symptoms upon return.
4. **[Protect Unvaccinated Children](#)**. Measles can cause serious health complications, especially in children younger than 5 years old.
5. **[Call Before Seeking Care](#)**. If you develop symptoms, call before you go to a hospital, urgent care or medical office. This allows staff to prepare for your visit, to protect healthcare workers and other patients in the building. Symptoms include fever, cough, runny nose, pink eye, and rash.
6. **Stay Informed**. Visit the [NJDOH Measles webpage](#) for New Jersey updates.



West Windsor Health Department

Serving the communities of West Windsor, Robbinsville, and Hightstown
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