
WHAT YOU NEED TO KNOW ABOUT MEASLES

CURRENT SITUATION

As of April 15, 2025, there have been no confirmed cases or outbreaks of measles reported in Sussex County.

The Sussex County Division of Health continues to actively monitor the situation and will provide updates on the official county website (www.sussex.nj.us) should any cases be identified.

WHAT IS MEASLES?

Measles is a highly contagious respiratory illness caused by a virus. Before the introduction of the measles vaccine, it was a very common—and often serious—childhood disease. In fact, it remains the most deadly of all childhood illnesses that cause fever and rash.

WHO CAN GET MEASLES?

Anyone who has never had measles or hasn't been vaccinated is at risk. While vaccination rates are high in many places, measles still exists in areas around the world where immunization is less common.

HOW DOES MEASLES SPREAD?

Measles spreads very easily. Up to 90% of people in close contact with someone who has measles will also get sick—if they haven't been vaccinated. The virus spreads through the air when an infected person talks, coughs, or sneezes. It can also live on surfaces and in the air for up to two hours. Contact with mucus or saliva from an infected person can also spread the virus.

SYMPTOMS

Early signs of measles can resemble a cold or flu, followed by a distinctive rash. Common symptoms include:

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Rash (usually appears 3–5 days after other symptoms begin, starting at the hairline and spreading downward)



COMPLICATIONS

Measles can lead to serious health issues, especially in young children and adults over 20. Among every 1,000 children infected, one or two may die. Other complications include:

- Ear infections (1 in 10 children)
- Pneumonia
- Brain swelling (encephalitis)
- Pregnancy complications (miscarriage, premature birth, or low birth weight)

WHAT TO DO IF YOU ARE EXPOSED?

If you think you've been exposed to measles, **call your healthcare provider before going in**. Since measles can spread before symptoms show, this helps protect others while you get the care you need.

PREVENTION

VACCINATION

The best form of prevention against measles is vaccination.

Measles, Mumps, and Rubella Vaccine (MMR)

- First dose (93% effective): 12 months of age
- Second dose (97% effective): 4–6 years (or at least four weeks after the first dose)

Measles, Mumps, Rubella, and Varicella Vaccine (MMRV)

- This vaccine includes protection against chickenpox.
- This version is approved for children 12 months through 12 years of age. Talk to your healthcare provider to see which is right for your child.

**FREQUENTLY
WASH HANDS
WITH SOAP AND
WATER**



**STAY HOME IF
YOU ARE
FEELING SICK**



**COVER
COUGHS AND
SNEEZES**

