

Measles Information & Tips

WHAT IS MEASLES?



Measles is a serious virus and one of the most **highly contagious and deadly** infectious diseases in human history.

SYMPTOMS AND TIMELINE:



COUGH



RUNNY NOSE



FEVER



WATERY, RED EYES



RASH

USUALLY STARTS **3 TO 5 DAYS** AFTER THE OTHER SYMPTOMS.



Measles may appear differently on darker skin tones.

Measles can spread 4 days before the rash starts through 4 days after.

HOW IT SPREADS:

You can get sick by breathing air with the measles virus in it.



Measles can stay in the air and infect others for **up to 2 hours** after a contagious person has left a room.



COUGHING, SNEEZING, OR TALKING



SHARING ITEMS THAT HAVE SALIVA ON THEM, LIKE CUPS



SOCIAL ACTIVITIES



TOUCHING A SURFACE THAT HAS A VIRUS ON IT

WHAT ELSE SHOULD I KNOW?

The measles, mumps, and rubella (MMR) vaccine is safe and effective at protecting against these viruses.

If you believe you are ill with measles, and need to seek care, **CALL** the medical facility **BEFORE** arriving.

Contact your health care provider to check your vaccine history.

IF UNVACCINATED:

- The MMR vaccine may help prevent sickness if given within three days from when you were exposed.
- If exposed, you may need to quarantine for 21 days.

Talk to your health care provider to see what options are available for you.

nj.gov/health/vaccines/mmr