

## Measles Discussion Points – 5/1 Local Board of Health Meeting – Lebanon Township, NJ

### What is Measles?

- It's a contagious disease spread by a virus
- Coughing and sneezing sprays it in the air where it can linger for 2 hrs. outside the human body, i.e., on surfaces
- It's so contagious that when someone has measles, 90% of the people around them who aren't immune will also catch it.
- It's so serious that one in four people who get measles will need to be hospitalized.

### What are the symptoms of measles?

Seven to 14 days after exposure, symptoms begin with a high fever, cough, runny nose, and red, watery eyes. Several days after that, the measles rash appears

### CDC- Reported New Measles Cases as of 4/29/19:

- Measles cases have been skyrocketing in the U.S. this year
- 704 new cases reported in 2019, within 22 States
- Highest concentration of cases to date are in Williamsburg section of Brooklyn, Rockland County, certain counties in Washington state, NJ and CA.
- It's the most cases reported in the U.S. since 1994 and since measles was declared eliminated in the U.S. in 2000
- World Health Organization reports that worldwide, the number of reported cases jumped 300% in the first three months of 2019 compared to the same time period in 2018
- The CDC defines an "outbreak" as three or more cases

### Key Contributors to recent outbreaks:

- In recent years, a critical number of parents have chosen not to vaccinate their children, contributing to a "come back" of a highly contagious but preventable disease
- Unvaccinated U.S. residents that get infected in other countries and bring it back to the U.S.

### Precautions:

- Talk to your Doctor to understand if you meet the criteria for evidence of immunity, i.e., written documentation of adequate vaccination
- Having evidence of immunity, and if not, getting vaccinated, will also protect those in the community who can't get vaccinated due to severe allergies or weakened immune system (through "Community"/ "Herd" Immunity you help protect others)

For details and up-to-date information visit Center for Disease Control website:

[Center for Disease Control Website - Measles Information](https://www.cdc.gov/measles/index.html)

Or visit by placing this address in your browser: <https://www.cdc.gov/measles/index.html>