



Prevent the Spread of Measles at Summer Camps

Measles: A contagious respiratory disease caused by a virus. It's considered the most deadly of all childhood rash/fever illnesses.

Signs of Measles:

- Fever
- Runny nose
- Cough
- Rash all over the body



Prevent Measles:

- *Get vaccinated* against measles. Children attending summer camp should be up-to-date on the measles, mumps and rubella (MMR) vaccine. Make sure you and your family are vaccinated before you travel.
- *Stay home and don't travel* if you are sick or if you have been exposed to measles.
- *Don't share* eating utensils, cups or plates.
- *Cover your mouth and nose* with a tissue when you cough or sneeze. Dispose of these tissues appropriately.
- *Wash hands* frequently with soap and water or an alcohol-based hand cleaner (at least 60% alcohol).
- *Clean surfaces* that are frequently touched (toys, doorknobs, tables, counters) regularly with soap and water or with cleaning wipes.

For more information contact:

Your health care provider
Your local health department
NJ Department of Health and Senior Services
Vaccine Preventable Disease Program
(609) 826-4860 or <http://nj.gov/health/cd>

