



CHATTING ABOUT HEALTH

Measles is a highly contagious and potentially serious viral illness.

Before routine vaccines for measles became available, 3 to 4 million people were infected each year. Among those infected, 400 to 500 died and 48,000 were hospitalized.

Common symptoms of measles include:

- high fever
- cough
- runny nose
- red, watery eyes
- rash (3-5 days after symptoms begin)



Measles is very contagious

- It spreads through the air when an infected person coughs or sneezes.
- An infected person can spread measles to others from four days before the rash starts through four days afterward.

Measles can be very serious

- 1 in 5 people in the US with measles will be hospitalized.
- 1 in 1000 people with measles will develop brain swelling which can lead to brain damage.
- As many as 3 in 1000 people with measles will die, even with the best care.

Vaccination is the best way to protect yourself and your family from measles.



Thanks to effective vaccines measles was declared eliminated from the US in 2000.

- Measles is still common in many parts of the world.
- Every year, measles is brought into the US by unvaccinated travelers (mostly Americans, sometimes foreign visitors) who get measles while they are in other countries.
- Anyone who is not protected against measles is at risk.

NEWS

UPDATE

As of April 18, there have been 125 measles cases reported in the US in 2024.

- That is more than were reported in all of 2023.
- *There have been no cases reported in Connecticut yet this year.*
- Most of the cases have been associated with 7 separate outbreaks.
- More than 80% of cases were in unvaccinated people.

Learn more about measles from CDC

<https://www.cdc.gov/measles/index.html>



Learn more about measles cases and outbreaks from CDC

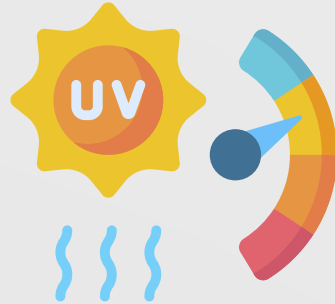
<https://www.cdc.gov/measles/cases-outbreaks.html>



Skin Cancer

is the most common cancer in the US

- **Anyone can get skin cancer**
 - People at higher risk of skin cancer include those with light skin, blue or green eyes, blond or red hair, and a personal or family history of skin cancer.
- **The most preventable cause of skin cancer is overexposure to ultraviolet (UV) light**, either from the sun or from artificial sources like tanning beds or sun lamps.



- In the US, UV rays tend to be strongest from 10am to 4pm daylight saving time.

- **There are many benefits to spending time outside** including getting physically active, reducing stress, and getting vitamin D.
- **You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.**

Protect your skin from the sun



Shade



Clothing



Hat



Sunglasses



Sunscreen

- When possible, stay in the shade under a tree, umbrella or other shelter.
- Long-sleeved shirts and long pants and skirts can provide protection from UV rays. Dry clothes and darker colors offer more protection.
- Wear a hat that shades your face, ears, and the back of your neck.
- Wear sunglasses to protect your eyes from UV rays and reduce the risk of cataracts.
- Use broad spectrum sunscreen with SPF of 15 or higher.

Learn more about skin cancer from CDC



<https://www.cdc.gov/cancer/skin/index.htm>

COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations :
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



To find a COVID-19 Vaccine Clinic near you visit:
<https://www.vaccines.gov/>

