It’s not too late to protect yourself, loved ones from measles

As the measles outbreak continues in the U.S., concern is growing among public health officials, people at high risk for measles complications, and those with young children. We continue to monitor the outbreak closely and provide information to help protect our employees and customers.

About the measles outbreak and how you can protect yourself

The Centers for Disease Control and Prevention (CDC) confirmed measles cases in 22 states this year with more cases reported since the disease was declared eliminated in 2000. The largest outbreaks are occurring in Rockland County, New York; New York City; Washington state; New Jersey; Butte County, California; and Michigan.

Other states with confirmed cases include Arizona, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Iowa, Kentucky, Maryland, Massachusetts, Missouri, Nevada, New Hampshire, Oregon, Tennessee, and Texas. Most cases are affecting unvaccinated people under 19 years of age.

Initial symptoms of measles include high fever, cough, runny nose and red, watery eyes followed by a rash.

Infected people can spread measles to others between four days before and four days after the rash appears. Because measles is highly contagious, health departments and physicians are urging anyone who believes they have measles to contact their doctor before going to an office, urgent care center or emergency room.

A safe and effective vaccine is available to prevent measles. Children and adolescents receive the vaccine in two doses. Adults born after 1956 without evidence of immunity should also receive at least one dose of the vaccine. You can also read
about the **CDC’s vaccine recommendations** for college students, adults and international travelers.

You can find more information on our [Health News section](http://aetna.com) of aetna.com and **through the CDC**.