



### NCDHHS and SHS continue to monitor the measles cases in the U.S.

As cases of measles continue to be reported across the United States, Elizabeth City State University's Student Health Services wants to take this opportunity to share important information about the disease. While there is no immediate cause for concern, raising awareness can help prevent the spread of measles and protect the health of our community. Ensuring your MMR (measles, mumps, and rubella) vaccination is up to date is the best way to stay protected.

- **Vaccination Information:**

- **MMR Vaccine:**

- 2 doses of the MMR vaccine are 97% effective at preventing measles.
    - 1 dose is 93% effective.
    - Breakthrough infections are rare but can occur in areas with high levels of measles virus circulating.
  - Students can view their immunization records by logging into their student portal or calling SHS.

- **Measles Overview:**

- Highly contagious viral illness.
  - Symptoms typically begin with:
    - Fever
    - Cough
    - Runny nose (coryza)
    - Pink eye (conjunctivitis)
    - Diarrhea
    - Ear pain/infection (otitis media)
  - These symptoms last 2-4 days before the rash appears.
  - Can cause severe complications, including:
    - Pneumonia
    - Encephalitis (brain inflammation)

- Death

- **Transmission:**

- Spreads through infectious droplets or airborne transmission.
- Measles can remain infectious on surfaces or in the air for up to 2 hours.
- Contagious period: 4 days before and 4 days after rash onset.
- Incubation period: 7–10 days from exposure to fever; 10–14 days from exposure to rash onset.

- **Current Measles Case Count in the United States:**

- More than 480 confirmed measles cases reported in 2025 as of March 27th.
- As of June 25, 2025 one case has been reported in North Carolina.

- **Health Monitoring:**

- After traveling to areas with ongoing measles cases, monitor for symptoms (fever, rash).
- Report any symptoms to your health care provider immediately.

- **For Medical advice, appointment scheduling, or additional information:**

Contact Student Health Services at (252) 335-3267 during business hours or your primary provider.

For more details, refer to the CDC's measles data page: [CDC Measles Data](#).