

JOINT RESOLUTION NO. 21

A JOINT RESOLUTION designating March 30th of each year as “Menstrual Toxic Shock Syndrome Awareness Day” and supplementing Title 36 of the Revised Statutes.

WHEREAS, Menstrual Toxic Shock Syndrome (MTSS) is a preventable illness commonly caused by Staphylococcus, Streptococcus, and Clostridium bacterial infection; and

WHEREAS, MTSS still affects over 17 in 100,000 women between the ages of 13 and 25 every year, which marks little progress since the 1980s in reducing the number of MTSS cases; and

WHEREAS, Risk factors for MTSS include the use of highly absorbent tampons, diaphragms, or contraceptive sponges; and

WHEREAS, Symptoms of MTSS include headache, muscle ache, sore throat, cough, weakness, abdominal pain, nausea, vomiting, diarrhea, chills, fever, lightheadedness, dizziness, faint upon standing, confusion, disorientation, low blood pressure, increased heart rate, seizures, rash, redness of eyes, lips, and tongue, dysfunction of the digestive and circulatory systems, and the shedding of skin around the hands and feet; and

WHEREAS, In extreme cases, MTSS can result in organ damage, the loss of limbs, or death; and

WHEREAS, Increased awareness of MTSS can help the citizens of the State of New Jersey identify and avoid suffering from this easily preventable illness; and

WHEREAS, It is altogether fitting and proper for this Legislature, and in the public interest, to designate a day recognizing MTSS awareness; now, therefore,

BE IT RESOLVED *by the Senate and General Assembly of the State of New Jersey:*

C.36:2-502 “Menstrual Toxic Shock Syndrome Awareness Day,” March 30.

1. March 30th of each year is designated as annual “Menstrual Toxic Shock Syndrome Awareness Day” in the State of New Jersey.

C.36:2-503 Annual proclamation.

2. The Governor is respectfully requested to annually issue a proclamation recognizing “Menstrual Toxic Shock Syndrome Awareness Day” in the State of New Jersey and call upon public officials and the people of this State to observe the day with appropriate programs and activities.

3. This joint resolution shall take effect immediately.

Approved January 20, 2026.