

Measles in Texas

March 2025

Training for Promotores de Salud and Community Health Workers

Poll – Q1

Q1. How familiar are you with measles?

- a. Very familiar
- b. Somewhat familiar
- c. Not familiar at all

Training Objectives



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Texas Department of State
Health Services

Objectives

At the end of the training, participants will be able to:

- Review information on the definition, transmission, and symptoms of measles
- Review information on recommended measles vaccination schedules
- Discussion on measles prevention with the MMR vaccine
- Discuss importance of public health follow up for measles
- Identify resources available to support the community

Pre-test (5 min)



What is measles and why is it important?



Measles in Texas - News

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Texas announces first death in measles outbreak

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 NEWS RELEASE

February 26, 2025

The Texas Department of State Health Services is reporting the first death from measles in the ongoing outbreak in the South Plains and Panhandle regions. The school-aged child who was not vaccinated was hospitalized in Lubbock last week and tested positive for measles.

As of Feb. 25, 124 cases of measles have been confirmed in the outbreak since late January. Most of the cases are in children. Eighteen people have been hospitalized over the course of the outbreak.

Measles is a highly contagious respiratory illness, which can cause life-threatening illness to anyone who is not protected against the virus. During a measles outbreak, about one in five people who get sick will need hospital care and one in 20 will develop pneumonia. Rarely, measles can lead to swelling of the brain and death. It can also cause pregnancy complications, such as premature birth and babies with low birth weight.

Measles can be transmitted by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes. People who are infected will begin to have symptoms within a

What to do if you've been exposed to measles



SEMINOLE, TEXAS - FEBRUARY 27: Signs point the way to measles testing in the parking lot of the Seminole Hospital District across from Wigwam Stadium on February 27, 2025 in Seminole, Texas. Eighty cases of measles have been reported in Gaines county

Update: Texas measles outbreak reaches 146 cases, 22 cases up from Tuesday

By [Robin Bradshaw](#), Staff writer
Feb 28, 2025



Texas measles outbreak: Infection case update for Friday Feb. 28.
guentergun/Getty Images



Texas Department of State Health Services

What is Measles?

- An acute viral disease
- Spread by direct contact with infectious droplets (like saliva) or via airborne spread
- One of the most contagious of all infectious diseases
 - For example, a susceptible person has an almost 90% chance of getting measles if they come in close contact with someone who is infected
- Humans are the only carriers of measles



Why is Measles important to learn about?

- Measles can be a serious, high-risk infection in:
 - Young children, especially those under 5 years old
 - Pregnant women
 - Adults and children with weakened immune systems, such as those undergoing cancer treatment
- 1 to 3 out of every 1,000 children who become infected with measles will die from the infection
- 1 in every 1,000 measles cases will develop encephalitis (inflammation of the brain), which often leads to permanent brain damage
- **Anyone** who is not protected against measles is at risk of a measles infection



Poll – Q2

Q.2 A susceptible person has an almost _____% chance of getting measles if they come in close contact with someone who is infected.

- a. 20%
- b. 50%
- c. 90%

How does measles spread?



How does Measles Spread?

- Through the air when an infected person coughs or sneezes
 - You can get measles just by being in a room where a person with measles has been

Measles can be spread up to 2 hours **after** an infected person has left the room.

How contagious is measles?

MEASLES



is **highly contagious** and spreads through the air when an infected person **coughs or sneezes**.



It is so contagious that if one person has it, **9 out of 10 people** of all ages around him or her will also become infected if they are not protected.

What are the signs and symptoms of measles?



Signs and Symptoms of Measles

- Measles symptoms appear 7 to 14 days after contact with the virus
- Common symptoms include:
 - High Fever (may spike to more than 104°F)
 - Cough
 - Runny nose (coryza)
 - Red, water eyes (conjunctivitis)
 - Rash
 - Koplik's spots (little white spots in the mouth)

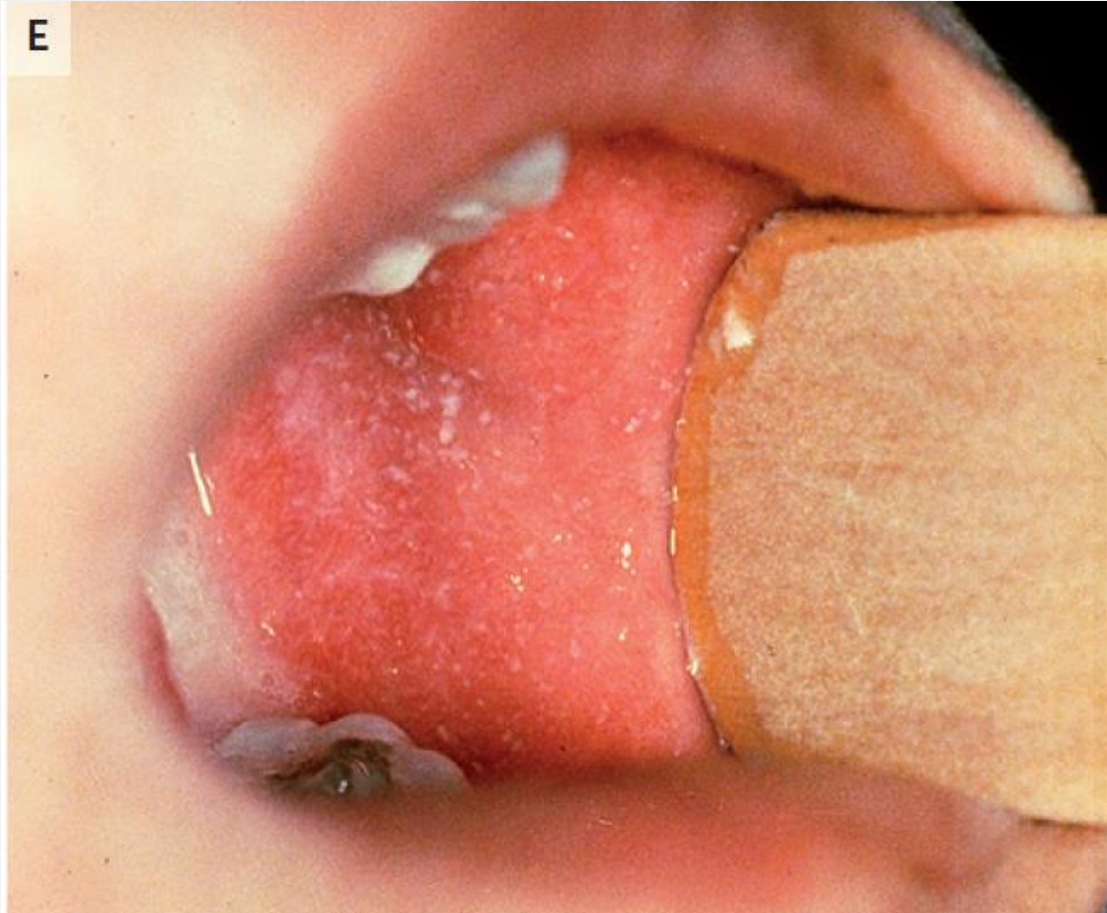


Measles Rash



**N Engl J Med 2019;381:349-57.
DOI: 10.1056/NEJMcp1905181**

Koplik's Spots



N Engl J Med 2019;381:349-57.
DOI: 10.1056/NEJMcp1905181

Time Course of a Measles Infection

- After you are exposed to measles, it usually takes 7-14 days before your first symptom(s) show
- 2-3 days after symptoms begin, Koplik spots may appear
- 3-5 days after symptoms begin, the measles rash usually appears
- People are usually contagious (can spread measles to other people) from **4 days before their rash to 4 days after**. This means they are usually contagious for a total of 8 days.

Poll – Q3

Q3. The rash for measles typically spreads starting from the:

- a. head
- b. body
- c. arms
- d. legs

What are the complications that can happen with a measles infection?



Measles Complications

- Most Common:
 - Ear infections
 - Diarrhea
- Serious
 - Hospitalization
 - Pneumonia
 - Encephalitis (swelling of the brain)
 - **Death**
- Complications during pregnancy
 - Premature birth
 - Low birth weight baby
- Long Term Complication
 - Subacute Sclerosing Panencephalitis (SSPE)



What to do if someone has been exposed to measles or has symptoms of measles?



What to do if someone is exposed to Measles or has symptoms of Measles

Call their health care provider immediately for next steps



Public Health Follow Up for Measles

- Measles is a notifiable condition in Texas
 - A notifiable condition is a health condition that must be reported by a health care provider to the Texas Department of State Health Services (Texas DSHS)
 - Health care providers must report any suspected or confirmed cases to Texas DSHS
 - These reports help Texas DSHS coordinate efforts to stop the spread of highly contagious disease like measles.
- Public Health Follow Up for Measles
 - Sometimes Texas DSHS staff or staff from a local health department will reach out to people who have been exposed to measles to help them get preventative treatment for measles, such as a dose of the MMR vaccine
 - It's important that people with suspected or confirmed measles talk with Texas DSHS staff or staff from a local health department to help **prevent the spread of measles to others**

How is measles prevented?



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Measles Prevention



[CDC Measles Video](#)

Measles Prevention (Continued)



- The only way to protect against measles is the measles, mumps, and rubella (MMR) vaccine.
 - The MMR vaccine is safe and effective.
 - Two doses of the MMR vaccine is about 97% effective at preventing measles.
 - One dose of the MMR vaccine is 93% effective.
- Encourage people to talk to their health care provider to ensure they and their family members are up to date on their MMR vaccine.

Poll- Q4

Q4. What percentage of effectiveness does TWO doses of the MMR vaccine provide against measles?

- a. 50%
- b. 75%
- c. 97%

Measles Vaccination Recommendations¹

Age Group	Vaccination Recommendations
Preschool Children	<ul style="list-style-type: none">• First dose at 12 to 15 months, second dose at 4 to 6 years²• Children can receive the 2nd dose earlier if it is at least 28 days after the first dose
Older Children, adolescents, and Adults	<ul style="list-style-type: none">• Also need 1 or 2 doses of MMR vaccine if they don't have evidence of immunity³• Doses should be at least 28 days apart.
People Traveling Internationally	<ul style="list-style-type: none">• Recommend they be fully vaccinated before traveling. Infants 6-11 months should get 1 dose of MMR before they travel, and then 2 more doses after their first birthday.

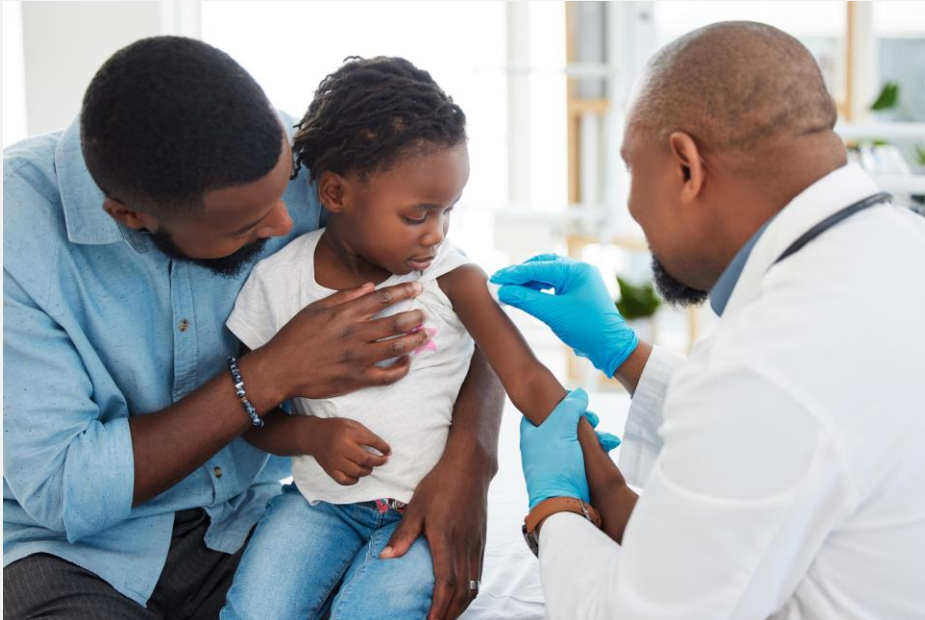
1. For more details on Measles vaccine recommendations, go to [CDC Vaccine Schedules for You and Your Family](#).
2. During a measles outbreak, vaccination recommendations may change. To check if your area has a measles outbreak, go to [Texas DSHS Measles](#) and talk to your health care provider.
3. Visit the CDC Website for what is considered [evidence of immunity](#) or talk to your health care provider.

Measles Vaccination Recommendation- Post-Exposure to Measles

- If someone lacks immunity to Measles, the MMR vaccine can help prevent it
 - Getting the MMR vaccine within 72 hours of exposure may protect against measles or lessen the illness
- If someone suspects they've been exposed to measles, they should contact their health care provider for advice on the MMR vaccine or other support



Reliable Sources of Immunization Information



Reliable Sources of Immunization Information: Where Parents Can Go to Find Answers!

Websites

American Academy of Pediatrics (AAP)
www.healthychildren.org

Centers for Disease Control & Prevention (CDC)
For parents: www.cdc.gov/vaccines-children/index.html
For healthcare providers: www.cdc.gov/vaccines

Immunize.org's websites
For the public: www.vaccineinformation.org
For healthcare providers: www.immunize.org

Vaccinate Your Family
www.vaccinateyourfamily.org

Vaccine Education Center (VEC), Children's Hospital of Philadelphia
www.chop.edu/centers-programs/vaccine-education-center

Vaxopedia
www.vaxopedia.org/about/

Books for Parents (available from your favorite book seller)

Baby 411: Your Baby, Birth to Age 1 by Denise Fields and Ari Brown, MD, Windsor Peak Press, 10th edition, 2022. See baby411.com/

Immunization Information: The Benefits and the Risks by Martin Myers, MD., Houndstooth Press, 2021.

Vaccines and Your Child, Separating Fact from Fiction by Paul Offit, MD and Charlotte Moser, 2024. This updated 2024 39-page booklet answers the most common questions about vaccine safety. See www.chop.edu/sites/default/files/2024-10/vaccine-education-center-vaccine-safety-eng.pdf

Video Suites

Immunize.org's Video Library – This website has hundreds of video clips about vaccines and vaccine-preventable diseases. Compiled by Immunize.org. <https://vaccineinformation.org/videos>

[Reliable Sources of Immunization Information:
Where Parents Can Go to Find Answers!](#)

Measles Resources



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Texas DSHS Measles Resources

- The [Texas Department of State Health Services](#) has many resources available on measles including:
 - Frequently Asked Questions
 - Information on Texas rules for when children should be kept out of school or daycare for measles (due to a case of measles or after exposure to measles)
 - Measles Data and Outbreak Information
 - [A Measles Communication Toolkit](#)
 - Links to measles informational videos



Poll- Q5

Q5. What is the biggest barrier to measles vaccination in your community?

- a. Lack of awareness
- b. Vaccine hesitancy
- c. Access to healthcare
- d. Other (please specify in chat)



Citations

1. Strebel PM, Orenstein WA. Measles. *N Engl J Med*. 2019;381(4):349-357. doi:10.1056/NEJMcp1905181
2. vaccineinformation.org
3. www.healthychildren.org
4. [Measles \(Rubeola\) | Measles \(Rubeola\) | CDC](#)
5. [Measles \(Rubeola\) | Texas DSHS](#)
6. [Vaccine Schedules For You and Your Family | Vaccines & Immunizations | CDC](#)



Post Test, Evaluation, and Q&A

Post Test



Evaluation



Questions?



Texas Department of State Health Services

Thank you!

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