



Measles Updates

Janis Gonzales MD, MPH
NM Department of Health
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What is measles (rubeola)?

- Extremely infectious febrile rash illness caused by measles virus, genus *Morbillivirus*
- >90% attack rate in exposed susceptible people
- In a closed area, viral particles can remain suspended in air for 2 hours*
 - However, doesn't survive long on dry surfaces
- Requires airborne isolation in a healthcare setting
- Preventable with a highly effective and safe vaccine



CDC Public Health Image Library:
<https://phil.cdc.gov/>

* Time can vary depending on air changes per hour (ACH) of a given room

Symptoms

- Time (generally) ↓
- **Prodrome** (usually 2-4 days, ranges 1-7 days)
 - **Fever**, which increases stepwise to a peak of up to 103-105°F
 - **The Three C's**
 - Cough
 - Coryza (runny nose)
 - Conjunctivitis
 - **Koplik spots**
 - **Rash**



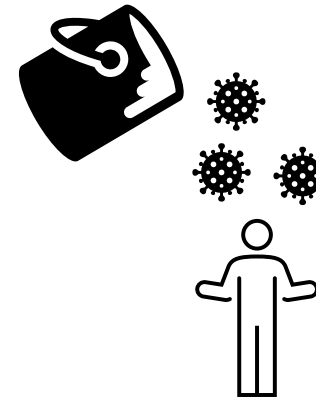
CDC Public Health Image Library



Measles Rash



- A “*morbilliform rash*” is a measles-like rash
 - Red, blotchy, maculopapular. Blanches at first but not after 3-4 days.
 - Begins on face near hairline or behind the ears, spreads down and around to rest of body over next few days
 - Lasts 4-7 days, fades in the order that it appeared



Source: Goldsmith LA, Katz SI, Gilchrist BA, Paller AS, Leffell DJ, Wolff K: *Fitzpatrick's Dermatology in General Medicine, 8th Edition*: www.accessmedicine.com

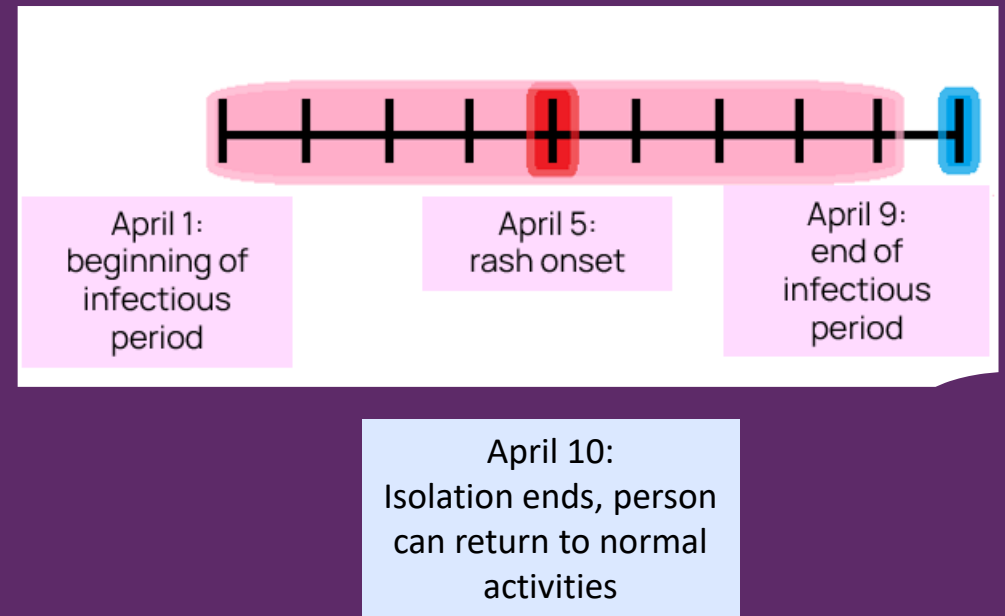
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Incubation

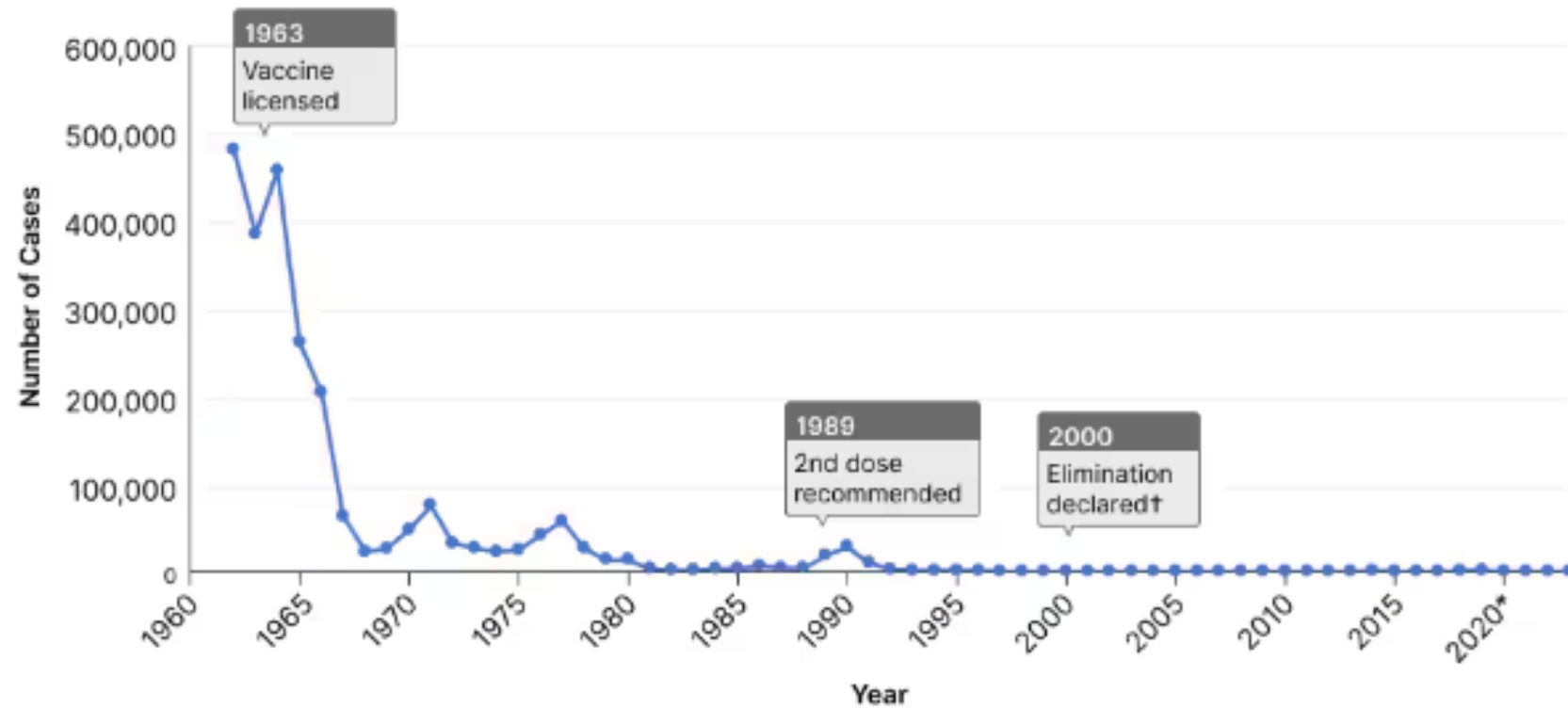
- Incubation is 10 – 12 days (time from exposure to prodrome).
- Time from exposure to **rash** onset averages 14 days, but ranges from 7-21 days
- Can be up to 28 days if person received immune globulin as post-exposure prophylaxis

Contagious Period

People are infectious from 4 days before to 4 days after rash onset



Reported Measles Cases in the United States from 1962 – 2023*

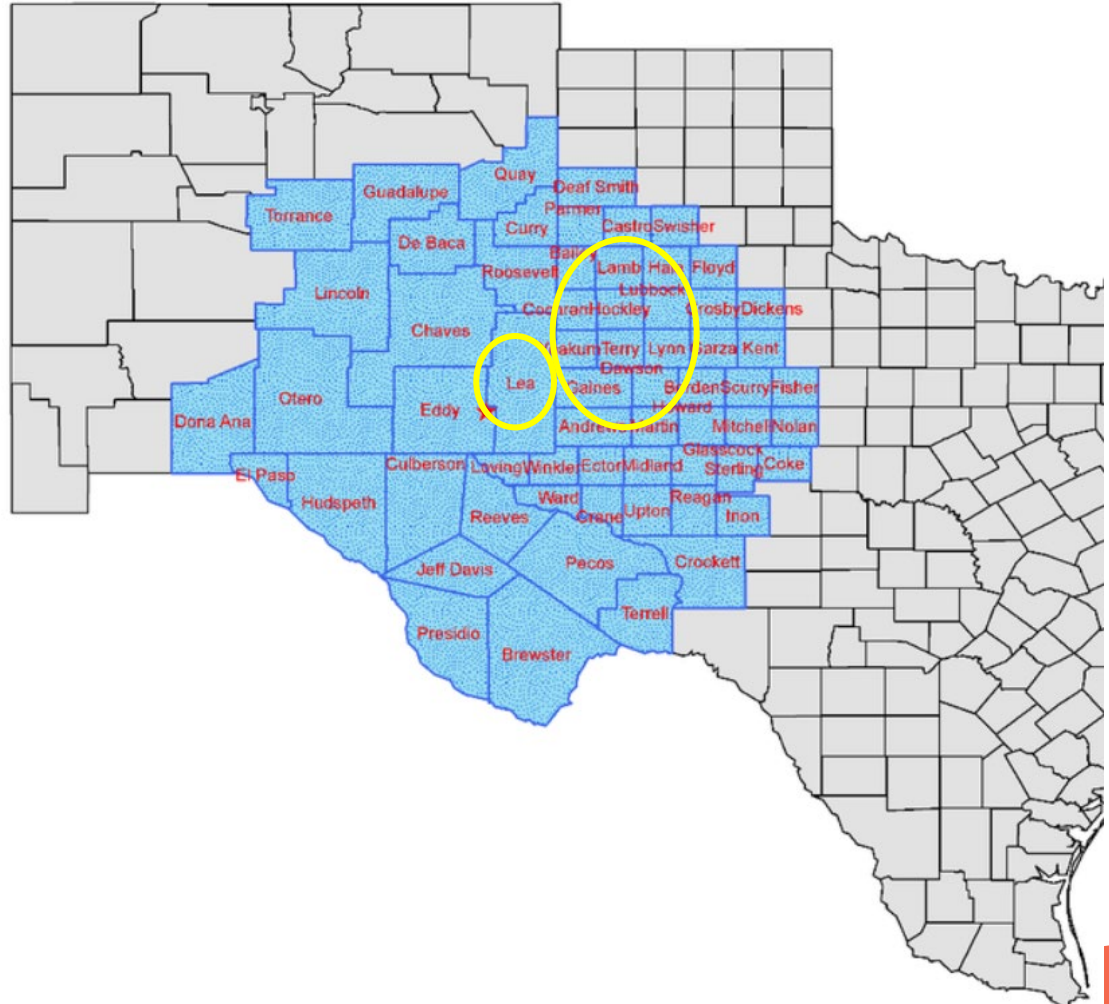


<https://www.cdc.gov/measles/data>

Measles Outbreak

As of February 28:

- 9 measles cases in Lea County, NM
 - 800+ contacts
 - None of NM cases hospitalized
- 146 cases in West Texas; 46 are 0-4
 - 9 counties
 - 20 people hospitalized
 - 1 death
 - 80% are under 18yo
 - 18% vaccine exemption rate in Gaines County



Vaccination



- Highly effective, live attenuated MMR vaccine
- MMRV can also be given for those 12 months – 12 years
- Recommended schedule is to receive first dose at 12-15 months, and second dose at 4-6 years old
 - One dose 93% effective against measles
 - Two doses 97% effective against measles
- Note: Children aged 6-11 months can receive vaccine before international travel or in outbreak situations

Adult Vaccination

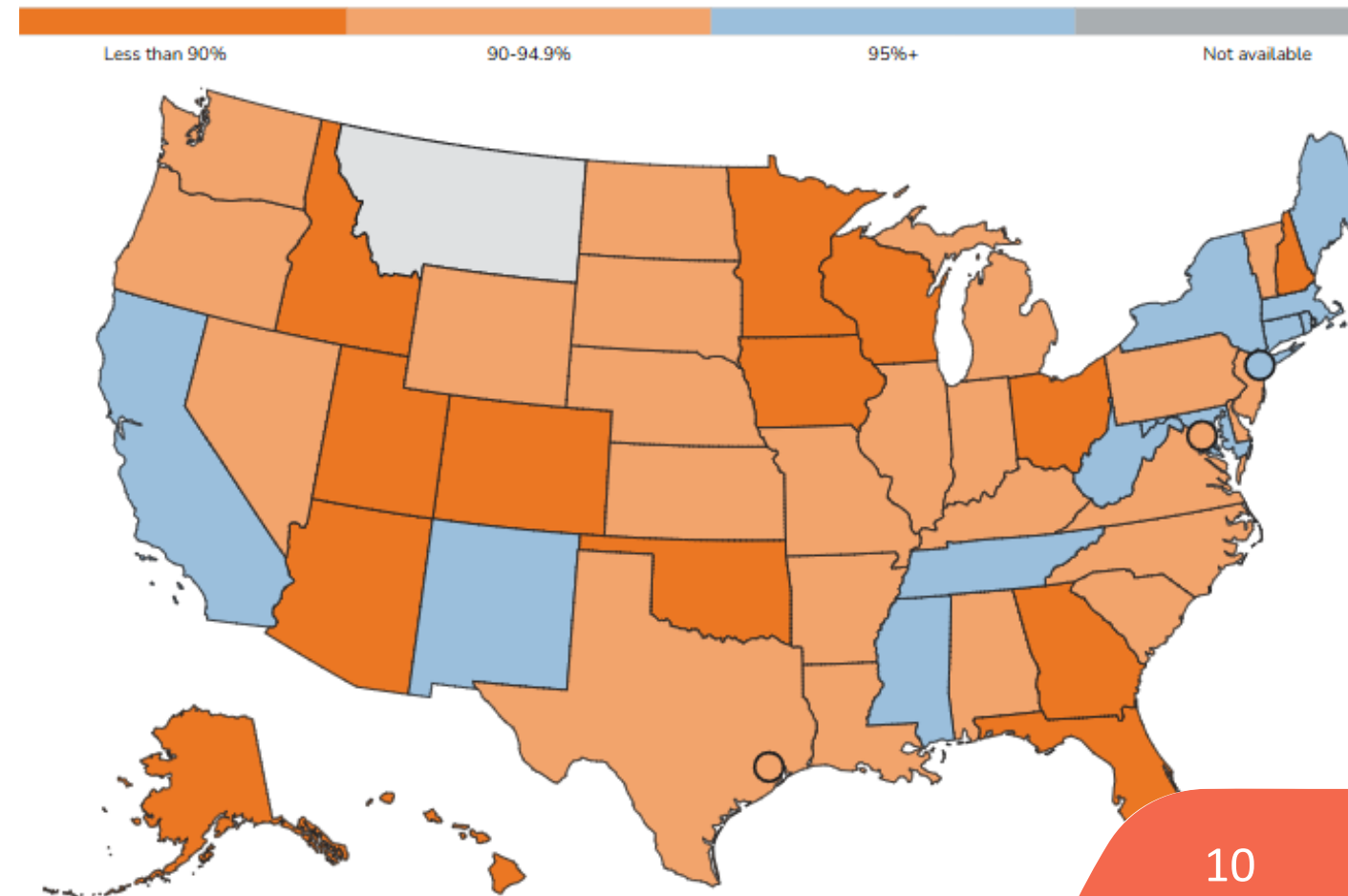
- Adults with insurance (including Medicaid) can obtain vaccine at pharmacies, Federally Qualified Health Centers, or other health clinics.
- For those who are uninsured or underinsured, vaccine is available at Public Health Offices across the state.
- Those born before 1957 are presumed to be immune to measles.
- High risk adults (college students, healthcare personnel, and international travelers) need two doses of MMR. A second does may also be recommended in an outbreak setting.



Vaccine Coverage in NM

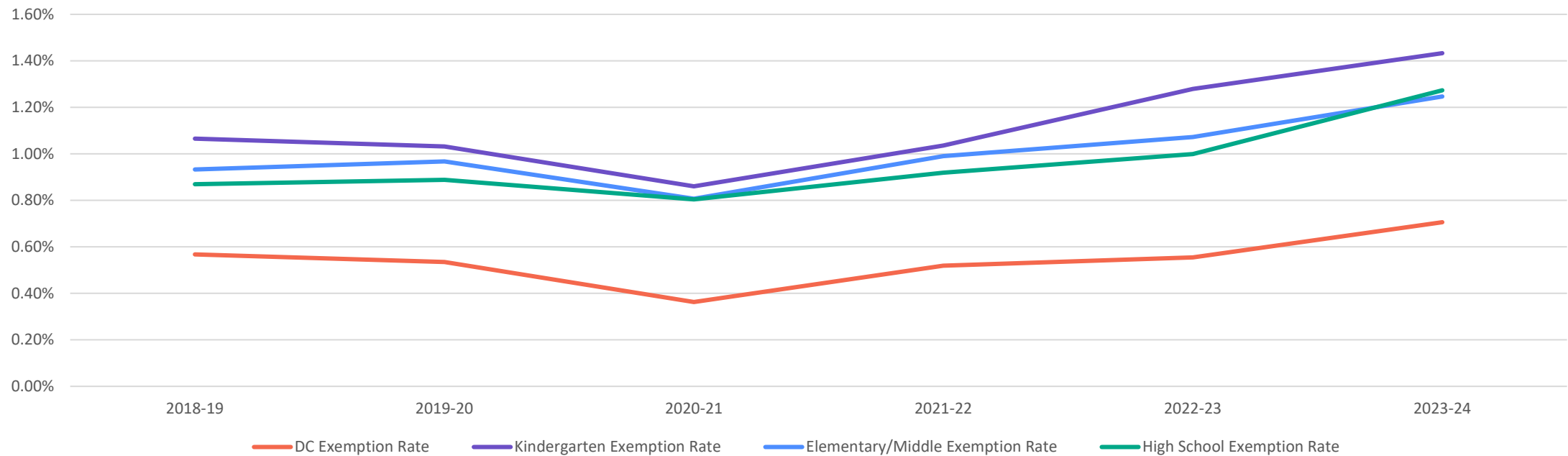
- According to the 2023-2024¹ School Immunization Survey of Kindergarteners in New Mexico:
- 95% coverage with 2 doses of MMR, increase from 94.9% in 2022-2023
- Exemptions increased slightly from 1.5% to 1.6% from the 2022-2023² to 2023-2024 school year

cent Vaccinated



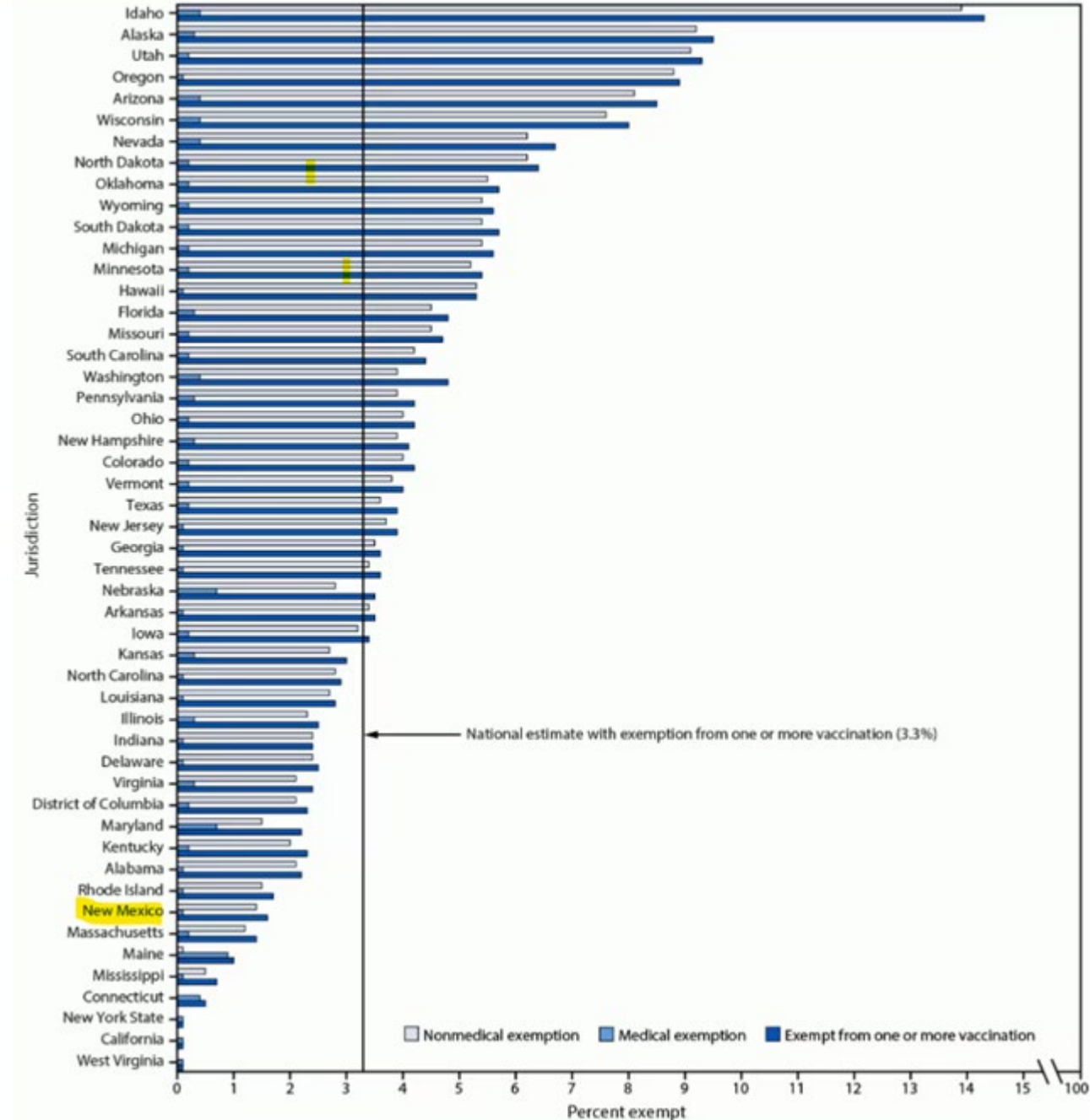
Exemption Rate Trends in New Mexico

Required School Vaccine Exemption Rates by School-Age Groups in New Mexico, School Years 2018-19 to 2023-24



Exemption Rate Trends in New Mexico

FIGURE 1. Estimated percentage^{a,†} of kindergartners with medical or nonmedical exemptions from one or more vaccination, by jurisdiction[§] — United States, 2023–24 school year



[Coverage with Selected Vaccines and Exemption Rates Among Children in Kindergarten — United States, 2023–24](#)

School Year | MMWR

Complications

- Measles can have serious complications, which can include:
 - Ear infections
 - Diarrhea
 - Pneumonia
 - Encephalitis
- 1 in 5 unvaccinated people will be hospitalized
- 1-3 in every 1000 will die



Reporting

EMERGENCY REPORTING OF DISEASES OR CONDITIONS

The following diseases, confirmed or suspected, require **immediate reporting** by telephone to Epidemiology and Response Division at 505-827-0006.

Infectious Diseases

Anthrax*

Avian or novel influenza*

Bordetella species (including pertussis)*

Botulism (any type)*

Cholera*

Diphtheria*

Haemophilus influenzae invasive infections*

Measles

Meningococcal Infections, invasive*

Middle East Respiratory Syndrome

Plague*

Poliomyelitis, paralytic and non-paralytic

Rabies

Rubella (including congenital)

Severe Acute Respiratory Syndrome (SARS)*

Smallpox*

Tularemia*

Typhoid fever*

Viral hemorrhagic fever

Yellow fever

NMDOH Help Line:

1-833-796-8773

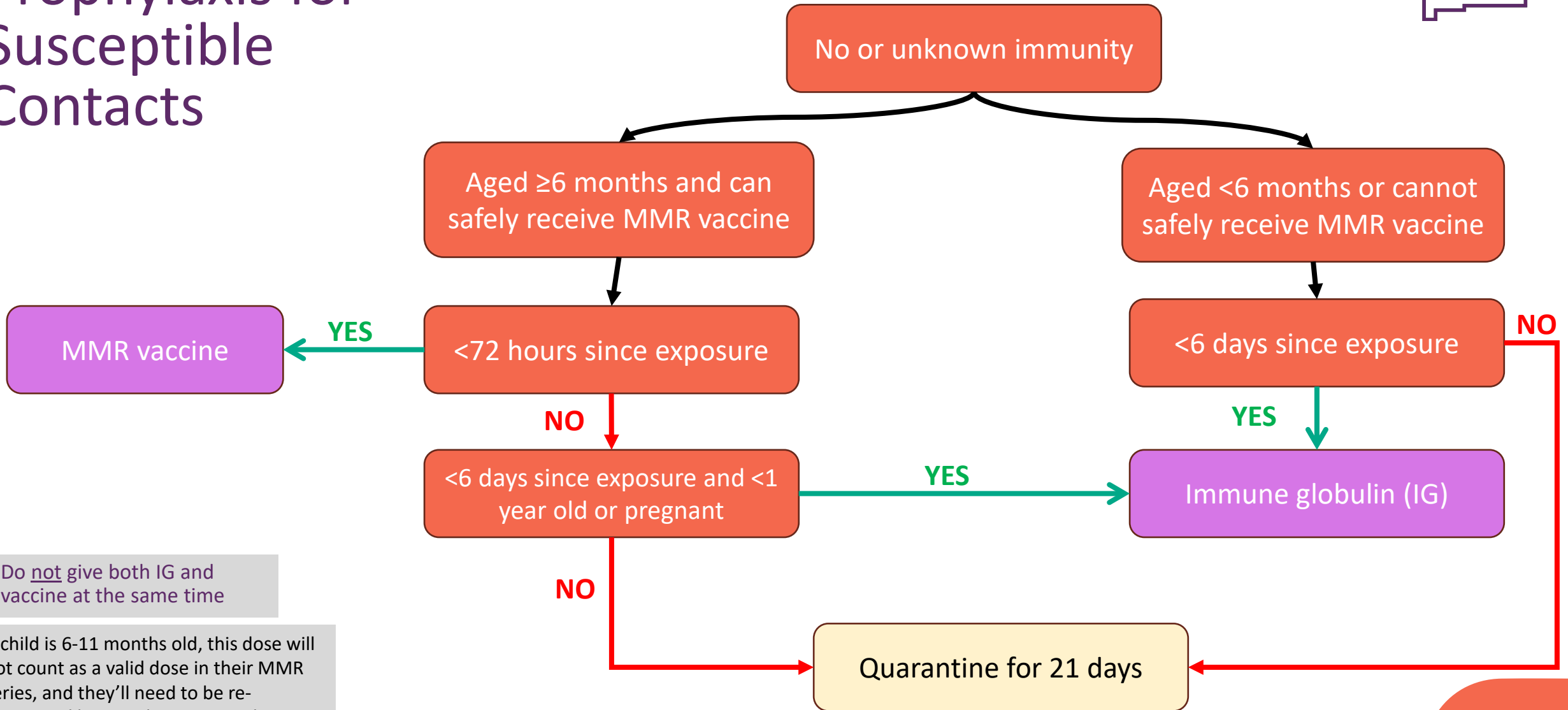
Who to Test

- Symptomatic people with rash
- PCR performance is best once rash has developed
- No indication for testing asymptomatic contacts to cases

What test to get

- PCR test
- Nasopharyngeal or Throat swab
- Serology isn't needed for evaluation of illness

Post-Exposure Prophylaxis for Susceptible Contacts



Do not give both IG and vaccine at the same time

If child is 6-11 months old, this dose will not count as a valid dose in their MMR series, and they'll need to be re-vaccinated later with two more doses according to the recommended schedule.

NMDOH Resources

NMDOH Helpline 1-833-796-8773

- 7am – 8pm M – F
- 10am – 4pm on weekends
- Medical epidemiologist can be reached 24/7/365

Health Alert Network (HAN):

- <https://nm.readyop.com/fs/4cjZ/10b2>

Measles Webpage:

- [Measles](#)
- <https://www.nmhealth.org/about/erd/ideb/mog/>

A graphic for the NMDOH Helpline. It features the NMDOH logo (New Mexico Department of Health) in the top left corner. The word "HELPLINE" is written in large, white, bold letters. Below it, the text "Call 1-833-SWNURSE (1-833-796-8773)" is displayed in orange and white. A list of services is provided: "Staffed by nurses for: Health assistance, Vaccine scheduling, Help finding a provider, Reproductive health, Animal bites, food-related illness, infectious diseases". At the bottom, two purple rounded rectangles contain the hours: "Mon-Fri 7am-8pm MST" and "Weekends 10am-4pm MST". The phrase "Se habla español" is written in orange at the very bottom.

NMDOH HELPLINE
NEW MEXICO DEPARTMENT OF HEALTH

Call
1-833-SWNURSE
(1-833-796-8773)

Staffed by nurses for:

- Health assistance
- Vaccine scheduling
- Help finding a provider
- Reproductive health
- Animal bites, food-related illness, infectious diseases

Mon-Fri
7am-8pm MST

Weekends
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Se habla español

Measles infographic

[Measles Isn't Just a Little Rash Infographic | Measles \(Rubeola\) | CDC](#)

[Clinical Overview of Measles | Measles \(Rubeola\) | CDC](#)

Measles

IT ISN'T JUST A LITTLE RASH

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin

Measles can be dangerous, especially for babies and young children.

Measles Can Be Serious

- About 1 out of 4 people who get measles will be hospitalized.
- 1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.
- 1 or 2 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.

Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES

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