

March 13th, 2025

Dear Campus Community,

As Spring Break approaches, here is information about measles, a very contagious disease.

On Sunday, March 9, the Maryland Department of Health announced a [positive case of measles](#) in a Howard County resident who recently traveled internationally. This is the first case reported in Maryland in 2025. In addition, on Friday, March 7, the CDC issued a Health Alert Network (HAN) [health advisory](#) regarding a measles outbreak in Texas and New Mexico.

A few important points about measles:

- [Measles](#) is a very contagious viral illness that can be serious in all age groups.
- Two doses of the [MMR vaccine](#) provide the best protection against measles and are 97% effective. People who receive the vaccine according to the U.S. [vaccination schedule](#) are usually considered protected for life.
- People of any age not protected against measles are at risk of getting it. If you are unsure about your vaccination status, contact your healthcare provider, and get vaccinated with two doses of MMR as soon as possible if you aren't already. The vaccine is available at most local pharmacies.
- Groups that are more likely to suffer from severe **measles complications** include, among others, babies and very young children, and people who are pregnant or have weakened immune systems. Two U.S. deaths have been **attributed to measles** in 2025.

Talk to your healthcare provider:

- If you or a family member might have been exposed to measles, contact your healthcare provider.
- If you or your family member have **symptoms of measles**, **call your healthcare provider immediately**. It is important to call before going to the doctor's office so their staff can take measures to prevent possible spread to other patients. **Do not go to school, work, child care or out in public if you**

have symptoms of measles. Do not return to public activities until a healthcare provider confirms you are no longer contagious.

Recommendations for people traveling internationally or to places with measles outbreaks within the U.S.:

- Talk to your doctor about the MMR vaccine, especially if you or a family member plan to travel internationally or to an area with an ongoing outbreak.
- If you travel internationally, check your destination and the **CDC's Global Measles Travel Health Notice** for more travel health advice.
- Watch for signs and symptoms of measles for three weeks after you return from your travel. If you develop symptoms, call your healthcare provider and share that you traveled to an area where they identified measles or to another country, and whether you have received the MMR vaccine. **Do not go to school, work, child care or out in public.**