



MEDCHI UPDATE

How You Can Prevent the Spread of Measles in Maryland

WHAT YOU NEED TO KNOW

On March 7, the CDC issued a health advisory alert warning the public about a measles outbreak in Texas and New Mexico. This alert suggests self-monitoring if travel to these locations has occurred and also encourages citizens, especially young children, to get vaccinated to prevent the spread of the virus.

On March 9, the Maryland Department of Health and Howard County health officials announced a positive case of measles in a Howard County resident who recently traveled internationally. At the moment, there is no evidence of ongoing transmission of measles in Maryland.

GET VACCINATED TODAY

Precautions can prevent the spread of measles. Contact your physician today to see if you or a loved one are eligible for the measles vaccine.

The virus is airborne, so it's important to recognize symptoms and call your doctor prior to entering your physician's office.

For more resources & information, **click here**.

SYMPTOMS

- Cough
- Runny Nose
- Fever (over 101 F)
- Watery Eyes
- A rash typically follows after 1-4 days.

Please contact your doctor prior to visiting their office if you believe you may have been exposed to measles. To prevent spread, avoid contact with others should symptoms occur.

**Together we can prevent the spread
of measles in Maryland.**

“

Alone we can do so
little. Together we
can do so much”

Hellen Keller

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Sources Cited:

CDC (March 7, 2025) <https://www.cdc.gov/han/2025/han00522.html>

Maryland Department of Health. (March 9, 2025). <https://health.maryland.gov/newsroom/Pages/One-Case-of-Measles-Confirmed-in-Maryland.aspx>

Maryland Department of Health. (March 12, 2025) <https://health.maryland.gov/phpa/OIDEOR/IMMUN/Pages/Measles.aspx>

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