



**DATE:** April 2, 2025

**TO:** Hospitals, Local Health Departments, Laboratories, Emergency Rooms, Family Medicine, Pediatrics, Adolescent Medicine, Internal Medicine, Infectious Disease, Infection Control Practitioners, and Primary Care Providers

**FROM:** NYS Department of Health (NYSDOH) Division of Vaccine Excellence (DOVE)

**MEASLES TRAVEL ADVISORY FOR ALL NEW YORKERS**

**NOTE TO PROVIDERS:** Please display this advisory in your office and promote these messages to your patients. For the latest clinical information on measles, please visit [our website](#).

Measles is only a car ride away! Measles is a highly contagious virus. Around 90% of people who are exposed to a person with measles will become infected if they are not vaccinated. Because measles is so contagious, it easily crosses borders. Currently, measles outbreaks are happening in parts of the United States and Canada, especially in Ontario, and around the world. With spring and summer travel season approaching, anyone who is not protected can get measles while traveling and can easily spread it to others when they return home. Large measles outbreaks are possible when measles cases reach at-risk populations with low immunization rates against measles. The best way to protect against measles is to make sure you are up-to-date on immunization with the measles-mumps-rubella (MMR) vaccine.

The total number of measles cases in the United States in the first three months of 2025 has already surpassed the total number of measles cases in all of 2024. As of March 26, 2025, a total of 483 measles cases have been reported by twenty U.S. jurisdictions this year: Alaska, California, Florida, Georgia, Kentucky, New Jersey, New Mexico, New York, New York City, Pennsylvania, Rhode Island, Texas, Kansas, Oklahoma, Ohio, Maryland, Michigan, Tennessee, District of Columbia, Vermont and Washington; 442 of which occurred in New Mexico and Texas. Most of the 442 cases are among children who had not received the MMR vaccine. Additionally, the ongoing outbreak in Canada has reached over 600 cases with the majority (570 cases) occurring in Ontario.

In addition to Canada, many other countries around the world have an increased number of measles cases including Yemen, Pakistan, India, Thailand, Ethiopia, Romania, Afghanistan, Indonesia, Kyrgyzstan, and Viet Nam.

**No matter where you travel, make sure you and your family are protected against measles.**

## **Guidance BEFORE international travel or travel to an area in the US experiencing an outbreak:**

### **Protect yourself against measles.**

The best way to protect yourself and your loved ones is by getting the [measles, mumps, and rubella \(MMR\) vaccine](#). You should plan to be fully vaccinated against measles at least **2 weeks before you depart**. If your trip is less than 2 weeks away and you are not immunized, you should get a dose of MMR. The MMR vaccine protects against all 3 diseases.

- One dose provides 93% protection against measles.
- Two doses of MMR vaccine provide 97% protection against measles.

If you're unsure whether you've been vaccinated, first try to find your vaccination records or consult with your health care provider. Your provider or local health department can help you decide if you need a MMR vaccination. Generally speaking, serologic titers are not recommended, if in doubt give a dose of vaccine.

Call your health care provider or reach out to your [local health department](#) for assistance in scheduling an appointment for the MMR vaccine. CDC does not recommend measles vaccine for infants younger than 6 months of age. In addition, certain individuals cannot receive the MMR vaccine for medical reasons: people who have had an allergic reaction to a MMR vaccine, those with certain medical conditions, people who are immunocompromised, and people who are pregnant or planning to become pregnant soon.

#### Infants 6-11 months of age:

- Get an **early dose** of MMR vaccine if traveling to a high-risk area.
- Then follow the recommended schedule and get:
  - Another dose at 12 through 15 months.
  - A final dose at 4 through 6 years, for a **total of 3 doses** of MMR vaccine.

#### Children over 12 months of age:

- Get the **first dose of MMR vaccine immediately** if not already vaccinated.
- Get **second dose 28 days** after the first.

#### Teens & adults with no evidence of immunity\*:

- Get the **first dose of MMR immediately** if not previously vaccinated.
  - Get a **second dose 28 days** after the first.

Note: People who were vaccinated prior to 1968 with either inactivated (killed) measles vaccine or measles vaccine of unknown type should be revaccinated with at least one dose of live attenuated measles vaccine. This is important even when you are not travelling.

\*Acceptable [evidence of immunity](#) against measles includes at least one of the following:

- Written documentation of adequate vaccination
- Laboratory evidence of immunity
- Laboratory confirmation of measles
- Birth in the United States before 1957

### **Guidance AFTER travel:**

Watch for symptoms for **3 weeks after your return**. Measles is highly contagious and can spread to others through coughing and sneezing.

Measles symptoms typically include:

- High fever (may spike to more than 104° F)
- Cough
- Runny nose (coryza)
- Red, watery eyes (conjunctivitis or pink eye)
- Rash (3-5 days after symptoms begin)

Call your health care provider:

- If you think you or your child have been exposed to measles.
- If you or your child gets sick with a rash and fever. Tell your doctor you traveled abroad, and whether you have received the MMR vaccine.

**Avoid contact with others if sick.** People who are infected can spread measles to others from 4 days before a rash develops through 4 days after the rash appears.

For more information:

- Center for Disease Control and Prevention: [Expanding Measles Outbreak in the United States and Guidance for the Upcoming Travel Season](#)
- World Health Organization: [Measles Fact Sheet](#)
- New York State Department of Health: [Measles Advisory](#) (February 26, 2025)
- Center for Disease Control and Prevention: [Preventing Measles Before and After Travel Fact Sheet](#)
- Center for Disease Control and Prevention: [Travel Health Notices](#)
- New York State Department of Health: [Travel Immunizations](#)