



RAYMOND W. BLISS ARMY HEALTH CENTER

MEASLES

Measles is highly contagious. The Measles virus can cause rash, cough, runny nose, eye irritation, and fever. It can lead to ear infection, pneumonia, diarrhea, seizures, brain damage, and death. In the United States it is required by state and federal government that all children receive a measles vaccine just past their first year of life, and a measles vaccination booster prior to attending school. All active duty service members are required to receive a measles vaccination upon entry into military service if they have no proof of measles vaccination.

Why the concern? Since April 2003 there have been 104 laboratory confirmed cases of measles in Mexico, mainly central Mexico. However, there have been two confirmed cases across the river in Del Rio, Texas. While no cases have been reported in Sonora, the Mexican state that shares its northern border with Arizona, the Arizona State Health Department has issued a Health Alert. Travelers to Mexico should review their measles immunization history. Both adults and children may need to receive additional doses of measles vaccine before travel. Although the vaccine is not usually given to children less than one year of age, in an outbreak setting measles vaccine can be given to children as young as 6 months of age.

Children 6 months of age or older should receive measles vaccine before traveling to Mexico if they have not previously had a physician-diagnosed case of measles.

Adults should also receive a measles vaccine before going to Mexico unless:

- ✓ They were born before 1957
- ✓ They have previously had 2 doses of measles vaccine
- ✓ They have previously had a physician-diagnosed case of measles

For more information please contact Preventive Medicine Wellness and Readiness Services at 520-533-3536.

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