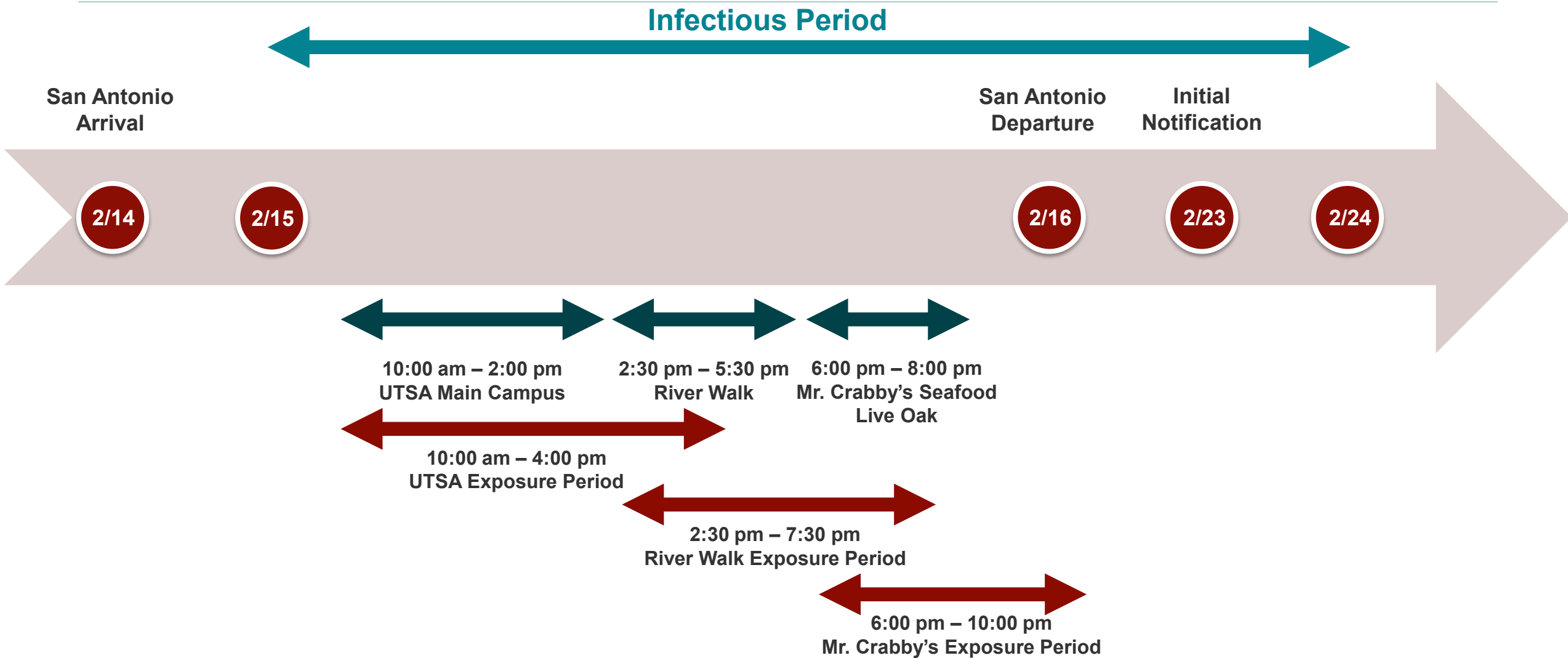


Measles Exposures and Metro Health's Response: Bexar County, 2025



**Anita K Kurian, Deputy Director
San Antonio Metropolitan Health District
February 28, 2025**

Timeline of Events



Measles



- ❑ Measles is highly contagious.
 - If one person has it, up to 9 out of 10 people will become infected if they are not protected.
- ❑ It spreads through the air when an infected person coughs or sneezes.
- ❑ Measles symptoms appear 7 to 14 days and in some instances up to 21 days after contact with the virus.
- ❑ Common measles symptoms include:
 - High fever (may spike to more than 104° F)
 - Cough
 - Runny nose (coryza)
 - Red, watery eyes (conjunctivitis)
 - Rash
- ❑ Anyone who is not protected against measles is at risk.
- ❑ Measles can cause serious health complications, especially in children younger than 5 years of age.
 - Common complications are ear infections and diarrhea.
 - Serious complications include pneumonia and encephalitis
- ❑ The best protection against measles is measles, mumps, and rubella (MMR) vaccine.
 - MMR vaccine provides long-lasting protection against all strains of measles.
 - Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective.

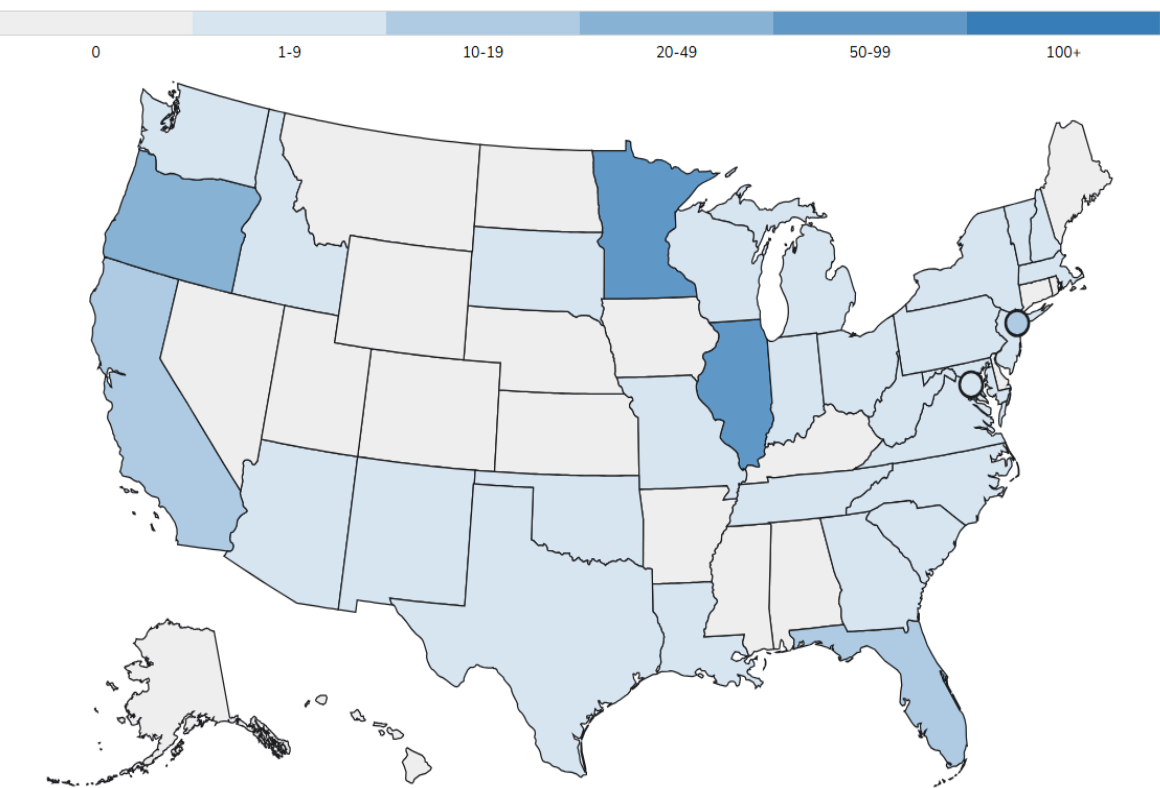


Available: [About Measles](#) | [Measles \(Rubeola\)](#) | [CDC](#), accessed 2/26/2025

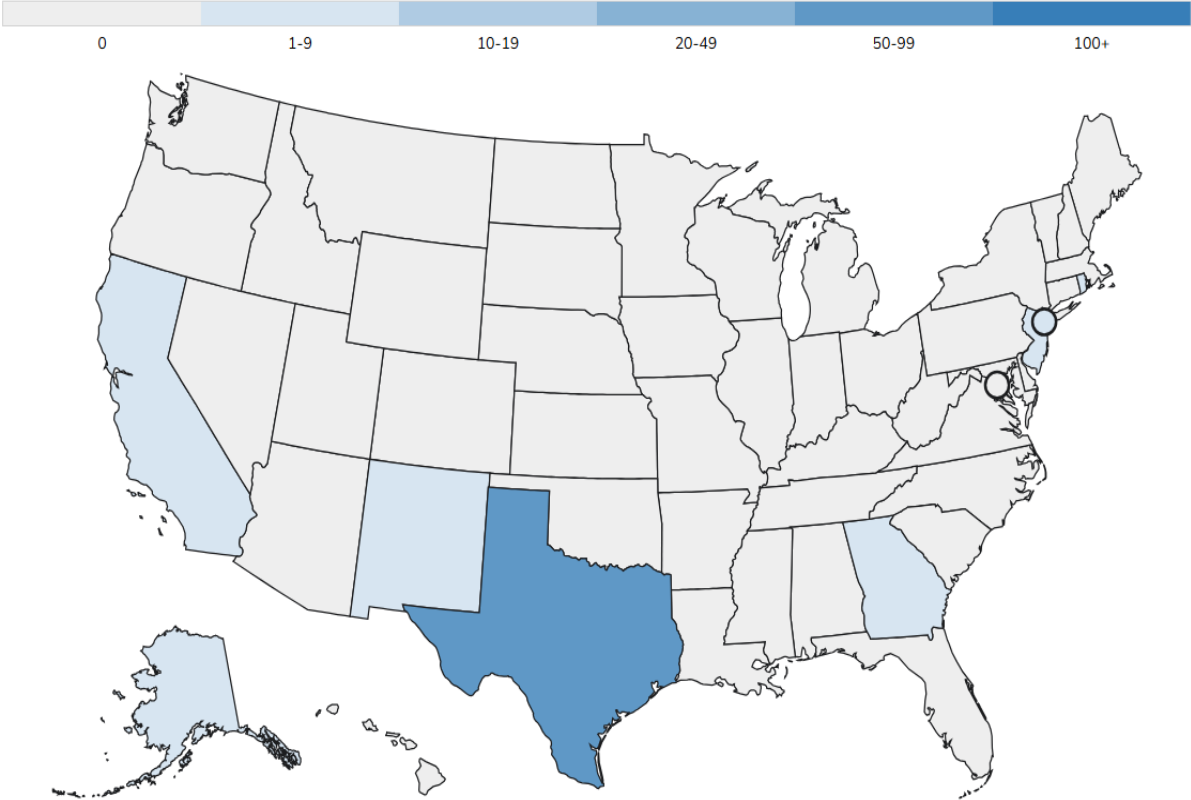
Measles Cases and Outbreaks in the U.S. At-A-Glance



2024



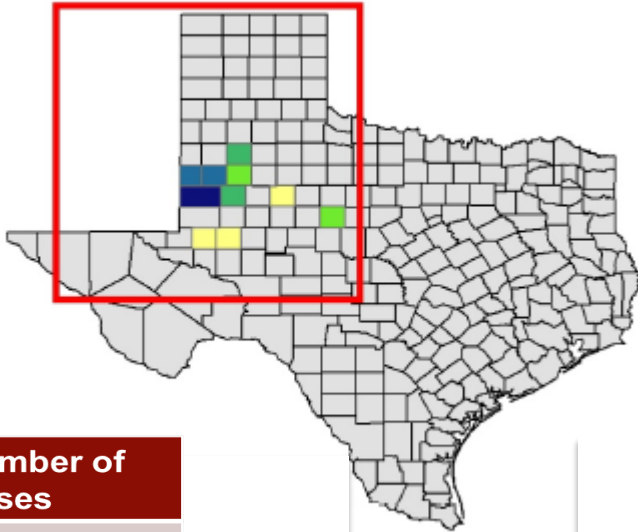
2025



Measles Cases in Texas



South Plains Measles Outbreak, 2025



County	Number of Cases
Gaines	80
Terry	21
Dawson	7
Yoakum	5
Dallam	4
Martin	3
Ector	2
Lubbock	1
Lynn	1
TOTAL	124

Measles in Bexar County

- Four cases in the past 20 years
 - ✓ 2019 – 1
 - ✓ 2007 - 3



Metro Health's Response



2/25/2025

- ❑ Surveillance & Public Health Investigation
 - Contact tracing and monitoring of those exposed
 - New cases
- ❑ Guidance and Recommendations
 - Clinicians
 - First responders
 - School Nurses
 - Public
- ❑ Outreach
 - IZSA notifications
 - Pop up vaccine events
 - Robust Marketing & Communication efforts



Measles Guidance for First Responders

Background

Measles is a highly contagious respiratory virus that causes febrile rash illness. The measles virus can remain in the environment where a person with measles was for up to 2 hours after they left. Due to an ongoing outbreak in West Texas and possible exposure, precautions are recommended.

Disease Course

The incubation period is typically 7-14 days from exposure (prodromal symptoms). A rash follows the prodrome 5-6 days. Measles is infectious 4 days before and 4 days after the rash appears.

Symptoms

- Prodrome: Fever, cough, coryza, or conjunctivitis (red, watery eyes) may appear 2-3 days after exposure.
- Rash: A maculopapular rash (rash of both flat and raised bumps) that spreads downward to the neck and then upward to the face as they spread from the trunk.
- Fever may spike to more than 104° F when the rash appears.

Complications

- Most common complications: Diarrhea and cough.
- Most severe complications: Pneumonia, encephalitis, and death.

Children younger than 5, adults older than 20, pregnant women, and people with weakened immune systems are at most risk of serious complications.

Presumptive Evidence of Immunity to Measles

- Written documentation of vaccination with measles vaccine (MMR or MMRV).
- Laboratory evidence of immunity (measles immunoglobulin G (IgG) test results considered negative).
- OR
- Laboratory confirmation of disease; OR
- Birth before 1957.

Call Screening (if possible)

- Screen callers for possible measles exposure symptoms.
- Notify first responders of need to use appropriate precautions and possible exposure.

100 W. Houston St, City Tower 14th fl, San Antonio, TX 78205



Texas Department of State Health Services

Jennifer A. Shuford, M.D., M.P.H.
Commissioner

Measles Overview for School Nurses

February 25, 2025



Measles Frequently Asked Questions

- General
 - What is measles?
 - Measles is a highly contagious and potentially severe rash illness caused by a virus. The virus is passed from an individual with measles via the air we breathe.
 - What are the signs and symptoms of measles?
 - Measles symptoms appear 7 to 14 days after exposure and include:
 - High fever (can be higher than 104°F)
 - Cough
 - Runny nose (coryza)
 - Red, watery eyes (conjunctivitis)
 - Tiny white spots that may appear inside the mouth 2-3 days after symptoms begin
 - Rash
 - What are the complications caused by measles?
 - Measles can cause complications, especially in children younger than 5 years of age. Common complications are ear infections and diarrhea. Serious complications include pneumonia and encephalitis.
 - What can I do to protect myself?
 - Vaccination with the measles, mumps, and rubella (MMR) vaccine is the best way to prevent measles. One dose generally provides 93% protection, while 2 doses provides about 97% protection from measles infection.
- Vaccines and Vaccine Records
 - What vaccine protects against measles?
 - Measles can be prevented with a measles, mumps and rubella vaccine (MMR or MMRV). The MMR vaccine protects against three diseases: measles, mumps and rubella. The MMRV vaccine protects against four diseases: measles, mumps, rubella and varicella (chickenpox).
 - Who should get the MMR or MMRV vaccine?
 - MMR vaccination is available for children (12 months of age and older) as well as adults who do not have evidence of immunity.
 - MMRV vaccination is licensed for use in children 12 months to 12 years of age.
 - What do I do if I do not remember if I got a measles vaccine?
 - You should get an MMR vaccine if you do not have one of the following as proof of immunity for measles:
 - Written documentation of adequate vaccination in your immunization record.
 - Laboratory evidence of immunity is obtained when a healthcare provider tests your blood to determine if you are immune, but this is generally not recommended.

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Metro Health's Response



- ❑ Vaccine Campaign - Risk Less. Do More.
 - Launched on January 1, 2025
- ❑ Measles Prevention and Crisis Communications
 - Feb 20 Prevention Post - Social Media Post
 - ✓ Over 287,000 impressions
 - Feb 23 Possible Measles Exposures
 - ✓ 45+ News Stories
 - ✓ Social Media Post - Over 2,200 Shares & over 214,000 Impressions
- ❑ New Creative Campaign – Let's Get Real
- ❑ Continue situational awareness updates



The City of San Antonio Metropolitan Health District is here to remind you that prevention is key in the fight against measles... See more



See insights and ads

Boost post

23

7 shares

Resources



- ❑ <https://www.sa.gov/Directory/Departments/SAMHD/Health-Services/Immunizations/Vaccine-Preventable-Diseases/Measles>
- ❑ <https://www.dshs.texas.gov/news-alerts/measles-outbreak-feb-25-2025>
- ❑ <https://www.cdc.gov/measles/data-research/>

The background of the slide features several spherical, virus-like particles. These particles have a complex, textured surface composed of small, repeating units in shades of purple, teal, and red. They are set against a warm, reddish-orange background with a soft, out-of-focus bokeh effect. The particles are arranged in a way that some are in sharp focus while others are blurred, creating a sense of depth.

Thank You!