

Ask the BIZS Experts Clinical Answers to Vaccine Questions

MEASLES - WHAT YOU NEED TO KNOW

The CDC has issued a [Health Advisory Network](#) alert related to an outbreak of measles impacting multiple states. As of March 7, [March 7, 2025](#) 222 confirmed measles cases have been reported by 12 jurisdictions, the majority of which are associated with the outbreak in New Mexico and Texas. An unvaccinated child who was infected with measles died on February 26, 2025, making this the first measles death in the U.S. [since 2015](#).

Highly Contagious, But Preventable

Measles is a [highly contagious airborne disease](#) caused by a virus, and can be severe or even fatal. According to the U.S. Centers for Disease Control and Prevention (CDC), the best way to protect yourself against measles is to [get vaccinated](#).



Who should get vaccinated

The best way to protect against [measles](#) is to get two doses of the measles, mumps, and rubella (MMR) vaccine. The MMR vaccine is [very effective](#), providing 93% protection against measles after one dose and 97% protection after two doses.

The [CDC recommends a two-dose MMR series](#) for children:

- 12-15 months - dose 1
- 4-6 years - dose 2 (can also be given [3 months](#) after dose 1)

Most people who are vaccinated with MMR will be protected for life. Vaccines and high rates of vaccination have made these diseases much less common in the United States.

MMR vaccination is important for children as well as adults [who do not have evidence of immunity](#).

These include:

- Students at post-high school educational institutions
- Healthcare personnel
- International travelers
- People of childbearing age before they get pregnant

Who does not need MMR vaccine:

- *You do not need measles, mumps, and rubella (MMR) vaccine if you meet any of these criteria:*
 - You have written documentation of [adequate vaccination](#).
 - You have laboratory confirmation of past infection or had blood tests that show you are immune to measles, mumps, and rubella.
 - You were born before 1957 (The majority of people born before 1957 are likely to have been infected naturally and therefore are presumed to be protected against measles, mumps, and rubella.) Healthcare personnel born before 1957 without laboratory evidence of immunity or disease should consider getting two doses of MMR vaccine.
- *If you were born between 1957-1969:*
 - If you received a measles vaccine in the 1960s, [you may not need to be revaccinated](#).
 - People who have documentation of receiving LIVE measles vaccine in the 1960s do not need to be revaccinated.
 - People who [were vaccinated prior to 1968](#) with either inactivated measles vaccine or measles vaccine of unknown type should be revaccinated with at least one dose of live attenuated measles vaccine.
- *Some people should not get MMR vaccine or should wait. The following groups should speak to their healthcare provider regarding vaccination:*
 - People with immunocompromising conditions
 - Those who are or may be pregnant. Wait to get MMR vaccine until after you are no longer pregnant. Avoid getting pregnant for at least 1 month after getting MMR vaccine.
 - Have tuberculosis
 - Have gotten any other vaccines in the past 4 weeks

Healthcare Providers:

Consider measles in patients presenting with febrile rash illness and clinically compatible measles symptoms, especially if they recently traveled internationally; or were exposed to a person with febrile rash illness. Healthcare providers are required to report suspected measles cases to their local health department.

Resources:

[Measles, Mumps, and Rubella \(MMR\) | CDC](#)

[Ask the Experts: MMR \(Measles, Mumps, and Rubella\): Vaccine Recommendations](#)

The Bureau of Immunization Services (BIZS) has clinical staff available to assist with your vaccine questions. Contact the following individuals (or your county health department) for assistance:

- Kate Whitman, MSE, BSN, kathleen.whitman@azdhs.gov, 480-259-5342
- Sharon Sweeney, MPH, JD, BSN, sharon.sweeney@azdhs.gov, 480-261-5557

Bureau of Immunization Services (BIZS)

150 N. 18th Ave, Suite 260

Phoenix, AZ 85007

Phone: 602-364-3630

Fax: 623-364-3285