



Upper Missouri District Health Unit

Your Public Health Professionals

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April 3, 2025

As the Deputy Health Officer of the Upper Missouri District Health Unit, I want to provide an update about the current measles outbreak in the United States. As of March 27, 2025, the CDC reports a total of 483 confirmed measles cases in 20 states with 2 deaths so far. Of the people who were diagnosed with measles, 14% were hospitalized. The nearest cases to us have been in the state of Minnesota. This information may seem alarming, but the good news is that measles is very preventable. Of those people who have contracted measles, 97% were unimmunized.

Thankfully we still have time to act to help protect ourselves and our loved ones. Measles is extremely contagious, but immunization is very effective in preventing measles.

- Measles–mumps–rubella vaccination is recommended for all children in the United States starting at age 12–15 months.
- People born prior to 1957 are assumed to have immunity to measles, since the disease was so widespread prior to routine vaccination. People working in health care may need to receive MMR vaccine regardless of date of birth.
- Measles–mumps–rubella vaccine should not be administered during pregnancy or to those who have a weakened immune system due to cancer treatment or use of medications that reduce the activity of the immune system.

If you are not sure if you are immune to measles, your provider can order a simple blood test to check. Even adults who have been immunized as children may require a booster.

If you have questions about immunizations, please contact the Upper Missouri District Health Unit or your provider for more information. If you have a known exposure to measles or symptoms (**a red, blotchy rash that appears first on the face and behind the ears, then spreads to the chest and back and finally to the feet, tiny white spots with bluish-white centers on a red background found inside the mouth along with fever, dry cough, runny nose, sore throat, inflamed eye**) please isolate and contact your healthcare provider.

Together we can help keep our community safe.

Sincerely,
 Beverly Tong, MD, FACOG