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PREVENTIVE TRAVEL ADVISORY FOR MEASLES IN TEXAS, USA

UIES-APV-Measles-USA-01-2025 →

February 25, 2025

Risk Level

MEDIUM LEVEL

Practice special and specific
precautions

There is a moderate risk of
contracting measles in Texas, USA,
however, preventive measures are
available, such as vaccination.



U.S. Centers for Disease
Control and Prevention (CDC).

Texas Department of
Health.

Additional Information can be found here.

Key points

- Measles is an infectious, highly contagious disease caused by a virus that can cause various complications and even death.
- Mode of transmission: it is transmitted by close contact with secretions of a person with measles, by coughing, sneezing or exhaling.
- Before traveling, make sure you have your complete vaccination schedule. Getting vaccinated is the best way to avoid getting measles or spreading it to others. The vaccine is safe and helps fight the virus.
- The measles risk level is medium for people traveling to Texas, USA.

Symptoms

- The first symptoms usually appear 10 to 14 days after contact with a sick person and include fever, runny nose, joint pain, and watery, red eyes.
- The rash (rash) begins 7 to 18 days after exposure, usually on the face and upper neck. It spreads for about 3 days, all the way to the hands and feet. It usually lasts about 5 to 6 days until it goes away

Current situation



- As of February 21, 2025, a total of 106 cases of measles had been reported in 8 states: Alaska, California, Georgia, New Jersey, New Mexico, New York, Rhode Island, and Texas.
- There is currently an active outbreak affecting nine Texas counties: Gaines (80), Terry (21), Dawson (7), Yoakum (5), Dallam (4), Martin (3), Ector (2), Lubbock (1) and Lynn (1).
- In New Mexico in Lea County, 9 cases are registered, associated with the Texas outbreak.

Of the total cases reported in the U.S. in 2025:

- 30% of cases correspond to children under 5 years of age, 52% to people between 5 and 19 years of age, and 16% to people over 20 years of age.
- 95% of cases are unvaccinated or unaware of their vaccination status.





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Before your trip

- **Make sure you have your current immunization schedule, including measles vaccines** according to the national immunization schedule.
- In Mexico, the MMR vaccine (Measles, Mumps and Rubella) is applied in two doses: the first at 12 months and a booster at 18 months. For children born before 2022, the second dose is applied at six years of age.
- The **MR** (Measles, Rubella) vaccine is given to people over 11 years of age who do not have two doses of MMR or SR.
- **If you are sick or have any signs or symptoms, avoid traveling or postpone your trip.**

During your trip

- If you suspect you have contracted measles during your trip, do the following:
 - Seek medical attention immediately.
 - Avoid close contact with others for seven days from the start of the rash.
 - Stay where you are staying, except to go to medical care.
- If you have symptoms, avoid travel and limit your contact with others.
- In case you need to go out to seek medical attention or for strictly necessary situations, keep as much distance as possible from other people, use a mask preferably N95 or KN95, wash your hands frequently.

After your trip

- If you traveled and upon your return to Mexico you have any signs or symptoms of the disease up to 21 days after your return, seek immediate medical attention, referring to your travel history, your current vaccination schedule, places visited since your return and people with whom you had close contact.

Prevention and treatment measures

- There is no specific treatment for measles, medical management helps to treat the symptoms presented.
- Measles vaccination is safe and is the most effective way to prevent infection.

Additional information

World Health Organization: https://www.who.int/es/health-topics/measles#tab=tab_1

Ministry of Health: <https://www.gob.mx/salud/articulos/que-sabes-del-sarampion?idiom=en>

SRE Travel Guide: <https://portales.sre.gob.mx/guiadeviaje/index.php/103-ficha-de-paises/326-estados-unidos>

