

**NEWS RELEASE**  
**FOR IMMEDIATE RELEASE****Media Contact:**

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**March 11, 2025*****Ventura County Public Health Advises Residents to be Up to Date on  
Measles Vaccination Ahead of Spring Break Travel***

**Oxnard, CA** – With measles cases increasing across the U.S. and spring break travel approaching, Ventura County Public Health (VCPH) officials advise residents who are not already immune to get vaccinated against the highly contagious disease. The best protection against measles infection is the measles, mumps, and rubella (MMR) vaccine.

While Ventura County has not seen any cases in more than 5 years, the recent Orange County travel-related case of measles provides a reminder to all residents to ensure you and your family members are up to date on the MMR vaccine. VCPH recommends that children get two doses of the MMR vaccine, starting with the first dose at 12-15 months, and the second dose at 4-6 years. Two doses of the MMR vaccine are about 97% effective at preventing measles. Individuals who have not gained immunity from prior infection or vaccination are at risk of contracting the disease.

Measles is one of the most contagious respiratory viral diseases. It's spread by a person coughing or sneezing into the air. An individual can contract the disease by breathing in the virus or touching an infected surface and then touching the eyes, nose, or mouth. A person can get measles just by entering a room that an infected person visited up to two hours before.

Symptoms can include a high fever, cough, runny nose, and red, watery eyes. Three to five days after symptoms begin, a rash occurs. The rash starts as flat red spots on the face at the hairline and spreads downward to the rest of the body. Measles can cause severe complications, including pneumonia, brain swelling (encephalitis), and even death, particularly in children younger than 5 years of age, pregnant women, and people with weakened immune systems.

“This is one of those situations where science and community engagement has really triumphed and crushed one of the most contagious viruses out there with the MMR vaccine,” said Dr. Uldine Castel, Ventura County Public Health Medical Director. “While we might end with a measles case in our county, the best way to reduce the chances of that occurring and the best way to protect the health of our community, especially children, is to make sure you are up to date on the MMR vaccine.”

**VCPH advises residents to take the following steps:**

- **Check vaccination status.**

If you are unsure of your vaccination status, your immunity to measles, or have never received the MMR vaccine, talk to your health care provider. You may be able to find your or your child's vaccine records through [California's Vaccine Record site](#).

- **Check your travel destination.**

Measles outbreaks are occurring in various parts of the U.S. and countries around the world. If you are traveling in the U.S., check the [CDC's Measles Cases and Outbreaks webpage](#). If you are traveling internationally, check the [CDC's Global Measles Travel Health webpage](#).

- **Know the symptoms.**

Measles symptoms typically appear 7-21 days after exposure and include:

- A high fever (may spike to more than 104°F).
- Cough.
- Runny nose.
- Red, watery eyes.
- Rash (3-5 days after other symptoms begin).

If you develop these symptoms, stay away from others as much as possible and contact your health care provider immediately.

Due to the increasing number of cases nationally, VCPH is closely monitoring the situation and collaborating with local health care providers to ensure the community remains informed and protected. The VCPH Communicable Disease office issued a Health Advisory to local health care providers through the California Health Alert Network (CAHAN). Health care providers caring for a patient suspected to have measles should contact the VCPH Communicable Disease office by phone immediately.

For more information on measles prevention, vaccination, and resources, please visit the [California Department of Public Health website](#) or the [Centers for Disease Control and Prevention website](#).

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