



GLOBAL MEASLES TRAVEL HEALTH NOTICE

15 | February | 2024

[UIES-APV-SARAMPION-v15-02-2024] →

Key points:

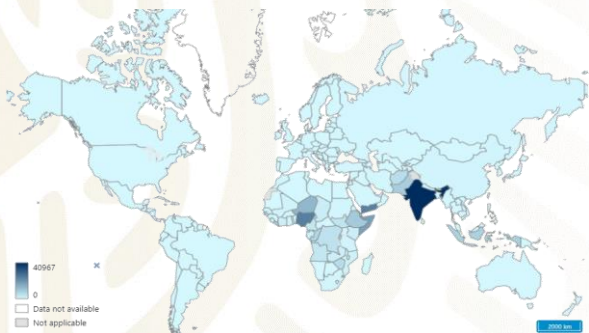
- Measles is a serious, highly contagious infectious disease caused by a virus; It can lead to various complications and even death.
- Mode of transmission: Airborne, easily spread when an infected person breathes, coughs, or sneezes.
- Before you travel, make sure you are fully vaccinated. Getting vaccinated is the best way to avoid getting measles or spreading it to others. The vaccine is safe and helps fight the virus.

Symptoms:

- The first symptoms usually appear 8 to 12 days after contact with a sick person and include fever, runny nose, joint pain, and red, watery eyes.
- The rash (exanthema) 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.

Global situation:

Although there is a safe and effective vaccine, in recent years, cases and deaths from this disease have increased.





The countries with the highest number of cases in the last three years are: Afghanistan, Angola, Central African Republic, Armenia, Bangladesh, Benin, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, China, Congo, Côte d'Ivoire, Ethiopia, Eswatini, Gabon, Ghana, Guinea, Guinea-Bissau, India, Indonesia, Iran, Iraq, Jordan, Kazakhstan, Saudi Arabia, United Arab Emirates, United States of America, Kenya, Kyrgyzstan, Lebanon, Liberia, Libya, Madagascar, Malaysia, Mali, Mauritania, Mozambique, Nepal, Niger, Nigeria, Pakistan, Republic of Congo, Democratic Republic of Congo, United Kingdom, Romania, Russia, Senegal, Sierra Leone, Somalia, South Africa, South Sudan, Sudan, Syria, Thailand, Tajikistan, Togo, Turkey, Yemen, Djibouti, Zambia and Zimbabwe.

Risk Level

LEVEL 2 -
MEDIUM

Practice special and specific precautions.

The possibility of getting sick from this event is medium, and there are specific medical measures against this disease.

Health Secretary PAHO
You can find additional information here.

Before your trip:

- **Make sure to have your up-to-date immunization schedule, including** measles vaccines according to the national immunization schedule.
- In Mexico, the **MMR** (measles, rubella and mumps) vaccine is applied, the schedule includes two doses: the first at 12 months and a booster at 72 months (6 years). The **MMR** (Measles, Rubella) vaccine is given to people 11 years of age and older who do not have two doses of MMR or RS.
- **If you are sick** or have any signs or symptoms, **avoid traveling or postpone your trip.**

During your trip:

- If you suspect 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.
 - Avoid traveling and visiting public places.
 - 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, preferably use an N95 or KN95 mask, wash your hands frequently.

After your trip:

- If you traveled and upon your return to Mexico you present any signs or symptoms of the disease up to 18 days after your return, seek immediate medical attention, referring to your travel history.

Additional information:

Ministry of Health	<ul style="list-style-type: none"> ○ https://www.gob.mx/salud/articulos/que-sabes-del-sarampion?idiom=es ○ https://www.gob.mx/salud/articulos/esquema-de-vacunacion 	World Health Organization/ Pan American Health Organization	<ul style="list-style-type: none"> ○ https://www.who.int/es/news-room/fact-sheets/detail/measles ○ https://www.paho.org/es/documentos/alerta-epidemiologica-sarampion-region-americanas-29-enero-2024
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If you have any questions, you can contact the **EPIDEMIOLOGICAL AND HEALTH INTELLIGENCE UNIT** at **55 5337-1845**, where you will be assisted by highly trained personnel, available 24 hours a day.

