



LA County Confirms Third Measles Case: All Cases Are Travel-Related

The Los Angeles County Department of Public Health is investigating a confirmed case of measles in a resident who recently traveled internationally and visited at least one public location in LA County while infectious.

As measles outbreaks continue to occur both in the United States and internationally, Public Health urges everyone in LA County to ensure they are fully protected from measles before traveling and take recommended precautions.

The most effective way to protect yourself and your family is with the measles-mumps-rubella (MMR) vaccine¹. Children 12 months and older are considered fully protected against measles after receiving two doses of the MMR vaccine. Infants who are older than 6 months and are traveling internationally or to domestic areas with ongoing measles outbreaks² can get an early dose.

Public Health encourages everyone to:

- *Check your immunization status before traveling.* Review your immunization and medical records to determine if everyone in your family is protected against measles. People are considered protected if they have had measles in the past or have received the recommended MMR vaccine. This is especially important for anyone 6 months of age and older who will be traveling internationally or domestically in areas experiencing measles outbreaks³. Infants aged 6 to 11 months with planned travel to these locations should receive one early dose of MMR at least 2 weeks before travel. This does not replace the routine doses given at 12-15 months and 4-6 years. Anyone who is not protected should talk with a health care provider about receiving the MMR immunization.

¹https://www.cdc.gov/measles/vaccines/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fvpd%2Fmnr%2Fpublic%2Findex.html%3Futm_content%3D%26utm_medium%3Demail%26utm_name%3D%26utm_source%3Dgovdelivery%26utm_term%3D&utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

² https://www.cdc.gov/measles/data-research/index.html?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

³ https://www.cdc.gov/measles/data-research/index.html?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

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- *Notify a healthcare provider if you are at higher risk.* Contact and notify your health care provider as soon as possible about a potential exposure for guidance and next steps, especially if you are pregnant, the person exposed is an infant under aged 12 months, you have a weakened immune system and/or are unimmunized.
- *Watch for symptoms and take immediate action.* If symptoms develop, such as fever, cough, runny nose, red eyes, or a rash, stay at home and avoid school, work, and any gatherings. Call a healthcare provider immediately. **Do not go into a health care facility without calling them first.** Let them know you may have been exposed to measles and describe your symptoms. Public Health can assist health care providers in appropriately diagnosing and managing your care.

About Measles

Measles spreads easily through the air when an infected person breathes, talks, coughs, or sneezes. The virus can stay in the air and on surfaces for many hours, even after the infected person has left. The infected person can spread the disease up to four days before a measles rash appears and up to four days after the rash appears. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected.

Common symptoms include:

- Fever (higher than 101° F)
- Cough
- Runny nose
- Red and watery eyes
- Rash 3-5 days after other signs of illness. The “measles rash” typically starts at the face and then spreads down to the rest of the body.

Measles can be prevented with a measles, mumps, and rubella vaccine (MMR or MMRV). The MMR vaccine protects against three diseases: measles, mumps and rubella. The MMRV vaccine protects against four diseases: measles, mumps, rubella, and varicella (chickenpox). They are administered in two doses and are highly effective: two doses are 97% effective against measles and one dose is 93% effective. The spread of measles can be prevented if 2-dose coverage of vaccine remains at 95% or above in the community. For more information on measles, visit: ph.lacounty.gov/measles.

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Children’s National Oral Health Month

Children’s National Oral Health Month, observed each February, is supported by dental professionals, community organizations, and public health agencies across the country. It serves as a call to action for parents, educators, health professionals, and policymakers to promote prevention, establish healthy habits during early years, and address oral health disparities. Its significance lies not only in improving children’s oral health outcomes, but also in reinforcing the connection between oral health and lifelong overall health.

Teen Dating Violence Awareness Month

February is National Teen Dating Violence Awareness Month, a time to raise awareness of teen dating violence, empower youth to recognize signs of dating violence, and equip them with the tools to develop safe, healthy, and respectful relationships. Teen dating violence does not just refer to physical abuse but also includes emotional, sexual, verbal, and digital abuse. According to the Centers for Disease Control and Prevention, teen dating violence is common and impacts millions of youth throughout the United States. In fact, among high school-aged youth who reported dating during the past year, about one in twelve youth experience physical dating violence, and about one in ten experience sexual dating violence. Female students experience higher rates of physical and sexual dating violence, as well as those who identify as LGBTQ+ or are unsure of their gender identity.¹

Experiences with dating violence often begin early in life. One in four women first experienced intimate partner violence before the age of 18. More than 70% of women and 60% of men who experience intimate partner violence were first victimized before the age of 25.²

Unhealthy, abusive, or violent relationships can have both short- and long-term negative effects on a young person’s health and well-being. Youth who experience teen dating violence are more likely to:

- Experience symptoms of depression and anxiety
- Engage in unhealthy behaviors, such as tobacco, alcohol, or drug use
- Exhibit antisocial behaviors, including bullying, lying, theft, or physical aggression
- Think about suicide

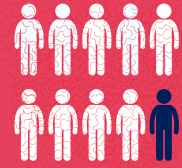
Experiencing violence in an adolescent relationship can also increase the risk of future problems with relationships. Research shows that youth who experience dating violence in high school are more likely to experience victimization during college and later adulthood.

MEASLES IS A VERY CONTAGIOUS

respiratory disease caused by an airborne virus. It spreads through the air when an infected person talks, coughs or sneezes.

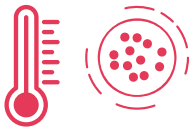
With measles outbreaks happening both in the United States and internationally, it is important for everyone to make sure they are protected.

9 IN 10



persons not protected against measles (by vaccine or prior infection) will get it if they come into contact with someone infected.

KNOW THE SYMPTOMS:



Fever AND Rash



Runny nose



Cough



Red, watery eyes

- Symptoms usually appear 7 to 21 days after contact with the virus.
- If symptoms develop, stay at home, and avoid school, work and any large gatherings. Call a healthcare provider immediately.
- DO NOT enter a health care facility before calling them and making them aware of your measles exposure and symptoms.

PROTECT YOURSELF AND THOSE AROUND YOU

- Get two doses of the MMR vaccine to protect yourself and those around you.
- The MMR vaccine is safe and works very well in protecting against measles.

Two doses are

97 % effective in protecting against measles

One dose is

93 % effective in protecting against measles



For more information, visit:
ph.lacounty.gov/measles



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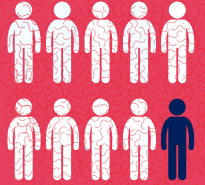
EL SARAMPIÓN

ES UNA enfermedad respiratoria **MUY CONTAGIOSA** causada por un virus transmitido por el aire cuando una persona infectada habla, tose o estornuda.

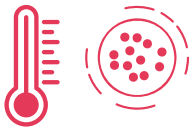
Dado el aumento de brotes de sarampión tanto en los Estados Unidos como a nivel internacional, es muy importante que todas las personas se aseguren de estar protegidas.

9 DE CADA 10

personas no protegidas contra el sarampión (por vacuna o infección previa) lo contraerán sin entrar en contacto con alguien infectado.



CONOZCA LOS SÍNTOMAS:



Fiebre Y Sarpullido



Goteo nasal



Tos



Ojos rojos y llorosos

- Los síntomas suelen aparecer entre 7 y 21 días después del contacto con el virus.
- Si presenta síntomas, quédese en casa y no vaya a la escuela, al trabajo o a reuniones con muchas personas. Llame de inmediato a un proveedor de atención médica.
- **NO ENTRE** a un centro de atención médica antes de llamarlos y notificarles sobre su posible exposición al sarampión y sus síntomas.

PROTÉJASE A SÍ MISMO Y A QUIENES LO RODEAN.

- Póngase dos dosis de la vacuna del sarampión-paperas-rubéola (MMR) para protegerse a usted y a los que le rodean.
- La vacuna es segura y protege muy bien contra el sarampión.

Dos dosis son **97 %** eficaces para protegerle contra el sarampión

Una dosis es **93 %** eficaz para protegerle contra el sarampión



Para más información visite ph.lacounty.gov/measles



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