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With Measles Cases on the Rise Across the Country, DPH Urges Residents to Stay Up To Date on Measles Vaccination

HARTFORD, CT — As measles cases and hospitalizations increase across the United States and internationally, the Connecticut Department of Public Health (DPH) is urging all residents to verify their vaccination status. Currently, there are no cases of measles in Connecticut. As of March 13, 2025, the CDC has been notified of 301 confirmed U.S. cases of measles across 15 jurisdictions, more than reported for all of 2024. The vast majority of these cases were in individuals who are unvaccinated or of unknown vaccination status. Updates to the number of cases nationally are provided by the Centers for Disease Control and Prevention (CDC) every Friday [here](#).

"Measles is a highly contagious disease, and it is also entirely preventable with the MMR vaccine," said DPH Commissioner Manisha Juthani, MD. "We urge parents, caregivers, and all residents to check their vaccination status and get vaccinated if they are not fully protected. Staying up to date on vaccinations not only protects you and your family but also helps protect people who cannot be vaccinated due to medical conditions."

Community vaccine coverage of 95% or greater is needed to establish what is known as "herd immunity", which protects individuals who cannot be vaccinated. Connecticut boasts a high vaccination rate, with [97.7% of kindergarten students up to date with the Measles, Mumps, and Rubella \(MMR\) vaccine during the 2023–24 school year](#). Vaccination rates by school are updated yearly by DPH and available [here](#). In light of the current outbreaks in [Texas](#) and [New Mexico](#), DPH urges all residents to ensure they are adequately protected.

In particular, DPH is strongly recommending a dose of the MMR vaccine be given to infants 6-11 months of age who will be travelling internationally or to areas in the United States with active measles transmission. The dose should be given at least two weeks prior to travel. Additionally, some adults who received their MMR vaccines between 1963-1967 may have received a different version of the measles vaccine that was less effective. Anyone vaccinated during that time period who is unsure of what vaccine they received should talk to their primary care provider about whether they are protected.

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How do I know if I am protected?

Two doses of MMR vaccine given at least 28 days apart is 97% effective at preventing measles infection. Most children routinely receive two doses, one at 12–15 months of age and the second at 4–6 years. Infants 6-11 months of age who receive an MMR dose prior to travel should still receive the recommended two doses of MMR vaccine on the routine schedule. Some adults might only have a single dose, as the recommendation for a second dose did not begin until the 1990s. Certain groups, such as college students, healthcare workers, international travelers, and those at high risk for measles complications, should receive two doses. Adults born before 1957 are generally considered immune due to past measles exposure.

To learn how to get you or your child's vaccine record securely online, visit ct.gov/getmyvaccinerecord. The CT WiZ Public Portal is a confidential and free service provided by the Connecticut Department of Public Health Immunization Program. For many adults and newer Connecticut residents whose older vaccine records may not be in CT WiZ, you can [click here](#) for tips to help locate your records.

There are some people who should not receive the MMR vaccine, such as those who are allergic, pregnant, or immunocompromised. Residents should work with their primary care provider to determine whether they are eligible to be vaccinated.

Where can I get the MMR vaccine?

Adults who need MMR vaccine can contact their primary care provider, community health center, local health department, or visit [EasyVax.com](https://www.easylvax.com) or [Vaccines.gov](https://www.vaccines.gov) to find a local pharmacy that will administer the vaccine. All children aged 18 and younger are eligible to receive MMR vaccine through the Connecticut Vaccine Program (CVP).

For help finding a health care provider for a child, view the [CVP Provider List](#). Anyone with questions regarding the Connecticut Vaccine Program can call 860-509-7929 or email dph.immunizations@ct.gov.

What should I do if I think I have measles?

Measles is a highly contagious viral illness. Up to 90 percent of exposed people who are not immune to measles will become sick. It can take up to 21 days for symptoms to begin after exposure. Symptoms typically begin with a fever, cough, runny nose, and redness or swelling of the eyes that can last for two to four days prior to rash onset. Anyone who thinks they've been exposed and gets sick with a rash and high fever should contact their healthcare provider or other healthcare facility before seeking care.

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