

Information for the UT Arlington Community about Measles Outbreak

The Texas Department of State Health Services (DSHS) has reported a significant measles outbreak affecting multiple Texas counties, specifically in the South Plains and Panhandle regions. The US Center for Disease Control and Prevention (CDC) has been in close communication with Texas Health authorities on the outbreak. The latest case information is available on the Texas Health Department website: <https://www.dshs.texas.gov/news-alerts>.

Measles is an extremely contagious viral disease that spreads through respiratory droplets when an infected person coughs or sneezes. The virus can remain viable on surfaces and in the air for up to two hours, making it possible to contract measles by breathing contaminated air or touching infected surfaces and then touching the face.

Symptoms include high fever, cough, runny nose, red, watery eyes and a characteristic red rash that typically starts on the face and spreads downward. The symptoms usually appear 7 to 14 days after exposure.

Preventive Measures:

According to DSHS, the most effective way to prevent measles is through vaccination, requiring two doses of MMR vaccine. The MMR (Measles, Mumps, and Rubella) vaccine is safe and highly effective against measles. Individuals are considered protected if they have received two doses of the MMR vaccine. To get vaccinated, people can go to their health care provider or a pharmacy. The UTA [Student Health Services offers the MMR vaccine to students](#), along with other vaccinations. Students are encouraged to schedule an appointment to receive necessary immunizations.

Regular handwashing with soap and water, avoiding sharing personal items, and covering coughs and sneezes can help prevent the spread of infections. Stay informed, keep abreast of updates from reputable sources such as the DSHS and the Centers for Disease Control and Prevention (CDC). Individuals experiencing symptoms consistent with measles should contact their healthcare providers immediately and avoid attending classes, work, or public gatherings to prevent potential spread. By staying informed and taking proactive steps, we can protect ourselves and the UTA community from this outbreak.

For more detailed information on the outbreak and preventive measures, please refer to the DSHS announcement at <https://www.dshs.texas.gov/news-alerts/measles-outbreak-2025> and the Measles Outbreak Case Definition at <https://www.dshs.texas.gov/news-alerts/measles-outbreak-case-definition>.