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Riverside County Health Officials Offer Education, Vaccination for Measles

RIVERSIDE, CA (March 27, 2025) – As measles cases have increased in the United States, and with eight confirmed cases in California since the start of the new year, health officials with Riverside University Health System — Public Health (RUHS - PH) are reminding residents about the benefits of vaccination and providing education about the signs and symptoms of the disease.

There are no suspected or confirmed cases of measles in Riverside County at this time. The last measles case in Riverside County was in 2018, and there are actions that can be taken to continue to reduce the risk of measles in our communities.

"Vaccination remains the best way to protect yourself and our community against measles," said Riverside County Public Health Officer Dr. Jennifer Chevinsky. "Roughly 90% of those unvaccinated and exposed to measles will contract the disease."

Measles is a serious and highly infectious disease that can be spread through the air via droplets when a person breathes, talks, coughs or sneezes.

For protection, the Centers for Disease Control and Prevention (CDC) recommends two doses of MMR (measles, mumps, rubella) vaccine for:

- Children: one dose at 12 months of age and another at 4-6 years.
- Older children, adolescents and adults without documented doses of MMR vaccine.

Additionally, if you are an adult born after 1957, one dose of live measles vaccine is sufficient to be considered protected from measles. Certain adults may need two doses. Adults who are going to be in a setting that poses a high risk for measles transmission (e.g., healthcare providers) should make sure they have had two doses separated by at least 28 days.

Vaccination with one dose of MMR is also recommended for infants as young as 6 months old prior to international travel to reduce the risk of contracting measles while traveling to countries where measles is more common.

Symptoms of measles can include an initial fever that lasts a couple of days, followed by a cough, a runny nose and conjunctivitis (pink eye) and a prickly red rash.

"There are many different kinds of rash illnesses that can appear similar to measles, so it's important to consult with a healthcare provider to ensure an accurate diagnosis, which often requires testing. The public health department follows up on any instances where there may be concern for measles or other transmissible diseases of concern," Dr. Chevinsky said.

Typically, a rash will initially appear on the face, along the hairline and behind the ears. It then spreads down to the rest of the body. Those with the infection can spread measles about four days before their rash starts to four days afterwards.

Symptoms typically will be observed 10–14 days after exposure to the virus. A prominent rash is often the most visible symptom. Complications of measles can include ear infections, hospitalization, pneumonia, swelling of the brain, and in some instances, death.

If you or a loved one are experiencing a rash illness, or believe you may have been exposed to measles, particularly after international travel or travel to a place with ongoing measles outbreaks, contact your healthcare provider. If you are seeking care through an emergency department or urgent care for a rash illness, it is important to call ahead so the health facility can take appropriate precautions.

To get vaccinated, talk to your healthcare provider or visit one of Public Health's upcoming vaccine clinics. All clinics accept walk-in appointments. Cost and eligibility vary. For questions and clinic locations, please call (951) 358-7125 or visit www.ruhealth.org/vaccineclinics.

Learn more about measles [here](#).

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About Riverside University Health System – Public Health

Riverside University Health System – Public Health (RUHS - PH) serves as Riverside County's public health department. RUHS-PH offers a range of services and programs to promote and protect the health of all county residents and visitors in service of the well-being of the community. RUHS includes the 439-bed Medical Center in Moreno Valley, Calif., 14 Community Health Centers across Riverside County, and Behavioral Health, which provides emergency and inpatient psychiatric care.

Visit www.ruhealth.org to learn more.