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DPHSS Urges Measles Precautions Ahead of Increased Travel

Guam currently has zero reported measles cases

Hagåtña, Guam – The Guam Department of Public Health and Social Services (DPHSS) is encouraging residents to take preventative measures as measles activity continues to be reported in parts of the United States and internationally ahead of the 2026 FIFA World Cup.

While Guam currently has zero reported measles cases, increased travel may raise the risk of exposure. DPHSS encourages residents, especially those planning to travel, to review their measles vaccination status and remain aware of symptoms associated with the illness.

Measles is a highly contagious viral illness that typically begins with fever, cough, coryza (runny nose), and conjunctivitis (pink eye), lasting 2-4 days prior to rash onset. Measles can cause severe health complications, including pneumonia, encephalitis (inflammation of the brain), and death. The virus is transmitted by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes. Measles virus can remain infectious in the air and on surfaces for up to 2 hours after an infected person leaves an area.

The best way to prevent measles is to get vaccinated. One (1) dose of MMR is 93% effective, while two (2) doses are 97% effective against measles.

DPHSS Recommends:

- **Review Vaccination Status** Talk to your doctor about the measles, mumps and rubella (MMR) vaccine, especially if you or your child plan to travel to an area with an ongoing outbreak.
- **Get Vaccinated Before Travel** Residents should ensure that they and their children are up-to-date at least 2 weeks before departing. If your trip is less than 2 weeks away and not vaccinated with MMR, one should still get a dose of MMR vaccine.
- **Monitor for Symptoms After Travel** After domestic travel to an area with an ongoing outbreak, or international travel, watch for signs and symptoms of measles for 3 weeks after returning to Guam
- **Contact a Healthcare Provider if Symptoms Develop** If you or your child gets sick with a rash and a high fever, contact your healthcare provider.
- **Review Current Travel Health Notices** Visit the Centers for Disease Control and Prevention's Travelers' Health website at <https://wwwnc.cdc.gov/travel/destinations/list> for more travel health advice if you plan to travel, including countries where measles outbreaks have been reported.

Residents can view the latest surveillance figures regarding respiratory illness and historical data on the official Guam Communicable Disease dashboard at: <https://elc.guam.gov/epi-reports>.

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