

Health Alert – Two Confirmed Measles Cases in Southern Maryland

There are two confirmed cases of measles in residents of Southern Maryland. Learn more about the potential exposure locations, dates and times by [clicking here to go to the July 22, 2026 MDH Press Release](#). An additional measles case has been confirmed in Central Maryland as noted in [the July 23, 2026 MDH Press Release](#). Given the highly contagious nature of this viral illness, it is important to stay vigilant and make sure that you and your family are protected.

Measles symptoms appear 7-14 days after contact with the virus. Common measles symptoms include high fever (up to 104°F), cough, red watery eyes (conjunctivitis), runny nose and rash, which appears 3-5 days after symptoms begin and may start on the head and spread down to the body.

Measles can cause severe health problems, including pneumonia or swelling of the brain (or encephalitis).

If you suspect that you or your family member may have measles, it is important to take the following actions to ensure your safety and that of others:

- Keep them away from family members who are not sick.
- Everyone in the house should stay home to not get your neighbors or people outside of your home sick.
- Call your doctor or healthcare provider right away to let them know that someone in your home may be sick with the measles. Your provider will give you instructions.
- If you must seek medical care, call your healthcare provider first before arriving at the clinic or healthcare facility so they can take appropriate precautions.

When to go the Emergency Department:

If the person who is sick gets rapidly worse, or has any of the symptoms listed below, take them to the emergency department of a hospital immediately:

- Trouble breathing (or breathing faster than normal)
- Pain on the chest when breathing or coughing
- Dehydration (dry nose or mouth; urinating less, crying without making tears)
- Fever or headache that will not stop
- Confusion, decreased alertness or severe weakness
- Blue color around the mouth, low energy, or difficulty feeding (for young children)

Before you arrive at the hospital emergency department, let the hospital know that a person who may be sick with measles is coming.

If you have been confirmed to have measles, it is important that you take the following actions to prevent spreading the virus to others:

- Wear a face mask and wash your hands frequently.
- Avoid being in enclosed spaces with other persons at home.
- Do not go to school, daycare, or your work until cleared by your doctor to return to these places.

The **best way to protect yourself and your loved ones is by being immunized with two doses of the Measles, Mumps, and Rubella (MMR) vaccine**, which is safe and effective. This is especially important if you are planning to travel outside the U.S. this summer or visit areas in the U.S. where measles outbreaks are occurring. To learn more about where measles is occurring in the U.S., [visit this link](#). Parents should ensure that their family members, especially children, are up-to-date on their routine U.S. vaccines, including the MMR vaccine. Please see your healthcare provider if you have questions about your vaccination status.

The Calvert County Health Department (CCHD) offers measles vaccines to all Calvert County community members, regardless of ability to pay. Community members may contact CCHD at 410-535-5400 ext 334 to schedule an appointment to receive the measles vaccine.

