



PR#065-25

PRESS RELEASE

Measles Outbreak in Belize – Public Health Update

Belmopan. May 12, 2025.

The Ministry of Health and Wellness (MOHW) hereby provides an update on the ongoing measles outbreak in Belize.

As previously communicated, two cases of measles were confirmed through laboratory testing on April 12, 2025. Additionally, five clinically diagnosed cases were identified, all epidemiologically linked to one of the initial cases.

Through heightened surveillance efforts, the MOHW is currently investigating additional suspected cases in Spanish Lookout, linked to travel to Chihuahua, Mexico.

Given these developments, MOHW strongly advises the public that there is ongoing measles transmission in the Spanish Lookout community and urges caution when visiting the area if you are not vaccinated. As investigations are ongoing, the number of positive cases remains undetermined at this time. Surveillance is ongoing, and the public will be kept informed accordingly.

To safeguard the health and well-being of our population, the MOHW issues the following vaccination and exposure guidelines:

Who Should Get Vaccinated?

- Children: Two doses as part of routine immunization at 12 and 18 months of age.
- Unvaccinated individuals (over 18 months old): Two doses, given one month apart.
- Individuals who received only one dose: An additional booster dose is recommended.
- Persons unsure of their vaccination status: One dose is advised.

Travel Guidance

- Travelers (12 months and older): Ensure vaccination at least two weeks prior to travel.
- Unvaccinated travelers under 1-year-old: Consult a healthcare provider for guidance.

Exposure to Measles – What to Do?

- Immediate Action: Get vaccinated within 3 days of exposure to prevent infection.
- Contact the nearest healthcare provider for further instructions.

Measles, Mumps, Rubella (MMR) Vaccine

While the MMR vaccine is safe and effective, it is not recommended for:

- Individuals who are currently pregnant.
- Those with a severe allergy to a previous MMR vaccine dose.
- Persons who are immuno-compromised.

Guidelines Following Measles Exposure

- Vaccinated individuals: No quarantine required.
- Unvaccinated individuals: Quarantine for 21 days to prevent disease spread.
- Unvaccinated individuals vaccinated after exposure: Quarantine for 14 days.

The MOHW thanks the public for their cooperation in vaccine uptake and adherence to health guidelines. We remain committed to ensuring good health for the population and will continue to provide timely updates as new information emerges.

For further details or inquiries, please contact your nearest health clinic or call us at 0-800-MOH-CARE (0-800-664-2773).

Ends