

El Departamento de Salud Pública de California (CDPH) insta a la vacunación tras reportarse nuevos casos de sarampión en la región de Sacramento.

5 de marzo de 2026

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El CDPH trabaja con los condados para evaluar las exposiciones relacionadas con seis casos recientes en la región

Lo que necesita saber: Se han reportado seis casos recientes de sarampión en los condados de Placer y Sacramento. Esto representa el tercer brote de sarampión en California en 2026. Las autoridades de salud pública están investigando casos sospechosos adicionales en varias jurisdicciones y trabajando para notificar a las personas que pudieron haber estado expuestas. Ante esta noticia y la propagación del sarampión en otras partes de Estados Unidos y del mundo, el Departamento de Salud Pública de California (CDPH) insta encarecidamente a los californianos a asegurarse de estar completamente vacunados contra el sarampión.

SACRAMENTO – El Departamento de Salud Pública de California (CDPH) insta a los californianos a vacunarse contra el sarampión luego de que los departamentos de salud locales de los condados de Placer y Sacramento notificaran al estado sobre varios casos recientes. Para evitar la propagación del sarampión en su comunidad, el CDPH recomienda encarecidamente que las personas no vacunadas expuestas al sarampión permanezcan en casa y que quienes presenten síntomas de sarampión llamen a su proveedor de atención médica para obtener orientación sobre las pruebas y el tratamiento.

In late February, Sacramento County reported a measles case in an unvaccinated toddler who had recently traveled to an area in South Carolina with an ongoing measles outbreak. Placer County then identified measles cases in three siblings from a different household who had direct contact with the toddler. These four cases represent the third outbreak of measles in California in 2026.

On March 4, a fifth case was reported by Sacramento County to CDPH in a child from the same community who attended an educational enrichment program where as many as 130 children may have been exposed to the child while they were infectious.

On March 5, Placer County reported a sixth case in another unvaccinated child from a different household within the same community.

“Measles, one of the most contagious infections, can lead to severe life-long consequences including permanent brain damage and can also be fatal, especially for children,” said **Dr. Erica Pan, CDPH Director and State Public Health Officer**. “The measles-mumps-rubella (MMR) vaccine is safe and provides long-lasting protection against measles. Vaccination protects both our own families and those who are too young to be fully vaccinated.”

Two doses of the MMR vaccine are 97 percent effective at stopping illness. In the current outbreak in South Carolina, measles cases spread quickly in unvaccinated communities, often within individual families, groups of homeschooled children and religious communities with low rates of vaccination.

CDPH is working with county health officials in Placer and Sacramento counties, as well as other counties across the region, to notify people who may have been exposed. The leaders of the educational enrichment program have agreed to voluntarily close the facility temporarily.

What to do if you were exposed to or have symptoms of measles

- **Check your immunity status:** People who are not fully immunized against measles or are unsure of their immunity status, should contact a health care provider about receiving the Measles, Mumps and Rubella (MMR) vaccine.
- **If exposure occurred less than 7 days ago:** Talk to your health care provider about vaccination or immune globulin for prevention. Immune globulin is recommended for certain individuals, such as infants under 12 months, pregnant people without immunity or those with weakened immune systems.
- **If exposure occurred more than 7 days ago:** Non-immune individuals should stay home and limit interactions with others for 21 days following exposure.
- **Monitor for symptoms:** Watch for fever and/or an unexplained rash from 7 to 21 days after exposure. If symptoms develop, call your health care provider immediately for guidance.
- **If you suspect measles:** Call your medical provider before visiting any health care facility to avoid exposing others.

Measles in California in 2026

In February of this year, CDPH reported eight related cases in Shasta County, the state's first measles outbreak since 2020. As of March 2, 2026, a total of 26 measles cases have been reported in nine counties statewide. In 96 percent of cases, patients were unvaccinated or had unknown vaccination status. Elsewhere in the United States, one of the largest outbreaks in over 30 years is happening in South Carolina with 990 associated cases as of March 3.

California reported more than 95 percent MMR vaccine coverage among kindergarteners for the 2024-2025 school year – the level of immunity needed to reduce the risk of community spread. Despite the high statewide rate, vaccine coverage varies across the state. Measles can spread easily in communities with lower vaccine coverage.

To continue achieving this level of protection from measles and other preventable diseases, CDPH and the West Coast Health Alliance (WCHA) recently endorsed the 2026 American Academy of Pediatrics Recommended Child and Adolescent Immunization Schedule, ensuring all Californians receive access to evidence-based guidance on life-saving vaccines. For more information on California's immunization guidance, visit the CDPH Vaccines for All web page.

Get Vaccinated

The MMR vaccine provides the best protection against disease and serious illness. It is important Californians check to see that they and their family members are up to date as the number of measles cases has increased. It's important that families are up to date on all vaccines before traveling, including international travel and travel to domestic areas where there are measles outbreaks. It is also important to be up to date before visiting places or events where there are many people from other countries or regions of the United States, such as large sporting events, theme parks or airports.

Before traveling internationally, everyone 12 months and older should receive two MMR doses, and babies 6 to 11 months are recommended to get one dose of MMR vaccine. Families with children traveling to regions in the United States with ongoing outbreaks should consult with a health care provider about following immunization recommendations for international travel.

Families can check their vaccination status with the California Digital Vaccine Record (DVR) and schedule a vaccine

appointment by visiting myturn.ca.gov, or by contacting their local pharmacy or health care provider. MMR vaccines are covered for most people through their health insurance plans, including Medi-Cal and regular health care providers. People having difficulty obtaining vaccines can contact their health care provider or local health department for help finding a place to get immunized.

About Measles

El sarampión es una enfermedad viral altamente contagiosa. Las personas no vacunadas, especialmente los niños pequeños y las mujeres embarazadas, corren el mayor riesgo de padecer una enfermedad grave e incluso la muerte. Aproximadamente el 90 por ciento de las personas no vacunadas expuestas al sarampión contraerán la enfermedad. Los síntomas incluyen fiebre que dura un par de días, seguida de tos, secreción nasal, conjuntivitis y sarpullido. Las personas infectadas pueden contagiar el sarampión desde cuatro días antes de que aparezca el sarpullido hasta cuatro días después. En 2025, el 11 por ciento de los casos de sarampión notificados en Estados Unidos requirieron hospitalización.

El sarampión sigue siendo común a nivel mundial, incluyendo África, Asia y Europa. También se registran brotes en Canadá y México. Si bien Estados Unidos erradicó el sarampión en el año 2000, los casos han aumentado, con brotes importantes en Texas y Carolina del Sur en 2025. Debido a los altos niveles de vacunación actuales en California, es menos probable que el estado experimente transmisiones sostenidas como las que se han observado en otros estados en los últimos años. Sin embargo, la transmisión del sarampión aún es posible, particularmente en comunidades con menor cobertura de vacunación.

Recursos adicionales: Para obtener información actualizada sobre la actividad del sarampión en California, visite la [página web sobre el sarampión del CDPH](#). El kit de herramientas sobre el sarampión del CDPH también ofrece recursos en varios idiomas.

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