



**DATE:** December 5, 2025

**TO:** State Board of Health Members

**FROM:** Cassius Lockett, PhD, District Health Officer

**SUBJECT:** District Health Officer Report

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### **Measles Update**

On November 7, the Southern Nevada Health District reported the first confirmed case of measles in Clark County since 2018. The case involves an infant who was not yet eligible to receive the measles, mumps and rubella (MMR) vaccine. The child was hospitalized and has since been discharged and is recovering.

As of November 4, 2025, the Centers for Disease Control and Prevention (CDC) has reported 1,681 measles cases nationwide this year, including three confirmed deaths. Current measles activity continues to be associated with exposure to the virus during international travel and subsequent spread among unvaccinated individuals.

Community members may have been exposed to measles at the following location and times:

- St. Rose Dominican Hospital, Siena Campus Pediatric Emergency Department, on October 31, from 8 a.m. to 1:30 p.m. and November 1, from 7 a.m. to 3 p.m.

The Health District's disease surveillance team worked with the facility to notify potentially exposed patients and staff, and provide appropriate follow-up information and resources. The Health District recommended anyone who visited the listed location during the exposure periods monitor for symptoms and contact their health care provider if they developed signs of illness.

Measles symptoms typically develop seven to 14 days after exposure but can take up to 21 days to develop. Early symptoms include fever, cough, runny nose, and red eyes. A red rash usually appears three to five days after the initial symptoms start. A person with measles is contagious from four days before the rash appears through four days after it begins. The virus can live in the air or on surfaces for up to two hours and can be transferred to the nose or mouth by touching contaminated surfaces. The best protection against measles is the MMR vaccine. Two doses are about 97% effective at preventing the disease. Children should receive their first dose between 12 and 15 months of age and a second dose between ages 4 and 6. Infants 6 to 11 months old who are traveling internationally should receive one early dose before travel.

People who have a potential exposure to measles should:

- Monitor for symptoms for 21 days after exposure.
- Check vaccination status.

- Contact their health care provider if symptoms develop.
- Call ahead before going to a health care facility.

There is no specific treatment for measles. Supportive care such as rest, fluids and fever-reducing medications is recommended. Complications can include ear infections, pneumonia and, in rare cases, death. Young children and adults over age 20 are at higher risk of severe illness.

#### Measles Reported in a Visitor

The Health District reported a confirmed case of measles in a visitor to Clark County in October. The individual traveled from out of state, and potential exposures occurred on the morning of Monday, October 13, at Harry Reid International Airport. The individual spent time in Terminal 3 at the E Gates for a flight departing at approximately 8 a.m. and reported visiting no additional locations in Clark County outside of the airport. No cases linked to this potential exposure have been reported.

For additional information about measles, visit the Health District website at <https://www.southernnevadahealthdistrict.org/Health-Topics/measles-rubeola/>. To make an appointment for vaccination at a Health District clinic, go to [www.SNHD.info/immunizations](http://www.SNHD.info/immunizations) or call (702) 759-0850.

#### Influenza Update

The Health District reported the first flu-related death in a Clark County resident, a man in his 80s, on November 6. Reports of respiratory and influenza-like illnesses locally remain minimal in the community, however, seasonal flu activity is increasing. As of November 1, 17 influenza-associated hospitalizations have been reported in Clark County.

Flu can cause serious illness, especially among older adults, children and others at higher risk. Getting vaccinated is the best way for individuals to protect themselves and their families, as well as help prevent severe complications. It's not too late to get a flu vaccination this season.

Flu season typically peaks between December and February, but activity can continue through May. The Centers for Disease Control and Prevention recommends annual vaccination for everyone 6 months and older. Adults 65 years and older, children younger than 2 years, pregnant people, and individuals with underlying medical conditions or weakened immune systems are at higher risk for severe illness. Caregivers of children who are too young to be vaccinated are strongly encouraged to get vaccinated to help protect them.

Flu vaccines are available at [Health District clinics](#) as well as doctor's offices and pharmacies throughout Southern Nevada.

The Health District encourages community members to take additional steps to help reduce the spread of flu, COVID-19, and other respiratory viruses:

- Wash hands frequently with soap and running water. Use an alcohol-based hand sanitizer if soap and water are not available.
- Stay home when sick and limit contact with others.
- Avoid close contact with people who are sick.
- Cover coughs and sneezes with a tissue. Throw tissues away after use.
- Regularly clean frequently touched surfaces.
- Take antiviral drugs if prescribed by a doctor.

The Health District Influenza Snapshot and Influenza Report by Age Group are available each week at [www.southernnevadahealthdistrict.org/news-info/statistics-surveillance-reports/influenza-surveillance/](http://www.southernnevadahealthdistrict.org/news-info/statistics-surveillance-reports/influenza-surveillance/).

### **American Diabetes Month**

In recognition of American Diabetes Month, the Health District raised awareness about one of the nation's most widespread and serious chronic diseases. Diabetes is the eighth leading cause of death in the United States and the leading cause of kidney failure, lower-limb amputations, and blindness. People with diabetes are also at greater risk of serious complications from flu and COVID-19.

In 2023, 12.8% of adults in Clark County—approximately 238,000 people—had diabetes. Statewide in 2024, an estimated 13.5% of adults—or 345,700 Nevadans—were diagnosed with the disease.

Nationwide, more than 41 million Americans are living with diabetes, including 11.7 million who are unaware that they have it. Each year, about 1.2 million Americans receive a new diagnosis.

The American Diabetes Association estimates that 816,000 Nevadans have prediabetes—a condition that increases the risk of developing type 2 diabetes, heart disease and stroke. Adults facing food insecurity are significantly more likely to develop type 2 diabetes. This is often due to the necessity of choosing low-cost, high-calorie, and less nutritious foods.

### **Who Should Get Screened**

The Health District and the Centers for Disease Control and Prevention recommend that the following individuals be screened for diabetes or prediabetes:

- Adults age 35 or older.
- Adults who are overweight or have obesity.
- Anyone who has been previously diagnosed with prediabetes.

Anyone who may be at risk for diabetes should follow up with a healthcare provider. A listing of low-cost clinics that offer diabetes testing and treatment is available on the Health District website at [Low-Cost Clinics](#).

### **Resources and Programs**

The Health District's Office of Chronic Disease Prevention and Health Promotion offers no-cost online and in-person classes on diabetes self-management. Taught by trained health educators, the classes are recognized by the American Diabetes Association. Community classes will resume in early 2026, but people are invited to complete a class interest form now in [English](#) or [Spanish](#), or call (702) 759-1270. Those who express interest will be contacted as 2026 classes are scheduled. For information on additional classes, events and programs, visit the [Get Healthy Clark County Community Calendar](#). For Spanish classes and events visit the [Viva Saludable Community Calendar](#).

Additional local diabetes resources are available at:

- [Get Healthy Clark County | Local Diabetes Resources](#)
- [Viva Saludable | Recursos locales para la diabetes](#)

To learn more about American Diabetes Month, visit the [American Diabetes Association website](#).

### **National Latino AIDS Awareness Day**

The Southern Nevada Health District observed National Latino AIDS Awareness Day on Tuesday, October 15, spotlighting the disproportionate impact of HIV on Hispanic/Latino communities and promoting prevention, testing, treatment and strategies to interrupt transmission.

### **HIV testing at Big Oh Community Health Fair**

In observance of National Latino AIDS Awareness Day, the 15th Annual Big Oh Community Health Fair was held on Saturday, October 18, at the East Las Vegas Community Center. Free and open to the public, the event included rapid HIV testing and free tacos for everyone who got an onsite test. There were also rapid hepatitis C testing, free health services, vendors and entertainment. The Health Fair was sponsored by the Southern Nevada Health Consortium, Anthem Medicaid and CAN Community Health.

According to the Centers for Disease Control and Prevention, about 1.2 million people in the United States are living with HIV, and 13% are unaware of their status. In 2022, there were approximately 31,800 new HIV infections nationwide; 33% (about 10,500) were among Hispanic/Latino individuals. In Clark County, there were 552 new HIV diagnoses in 2024, up from 508 in 2023, with 23% (116) among Hispanics residents. At the end of 2023, of the 12,000 people living with HIV in Clark County, 3,683 were Hispanic.

The national data underscore persistent disparities:

- Hispanic/Latino men bear a disproportionate burden: in 2022, they accounted for 9,374 of the 37,981 new HIV diagnoses in the United States (nearly one out of four).
- The rate of new HIV infections among Hispanic/Latino men is nearly three times that of White men.
- Hispanic/Latino women also face stark disparities: in 2022, there were 1,261 new HIV diagnoses among Hispanic/Latino women (about 3% of all new diagnoses), and their rate of new infection is over four times that of White women.

### **Year-round HIV testing is readily available in Southern Nevada:**

- The Health District offers express testing at no cost from 7:30 a.m.–4 p.m. Monday through Thursday at the Southern Nevada Health District Main Public Health Center, 280 S. Decatur Blvd., Las Vegas, NV 89107. No-cost express testing is also available at the Fremont Public Health Center, 2830 E. Fremont St., Las Vegas, NV 89104, from 7:30 a.m.–4 p.m. each Friday. No appointments are needed, but clients must be asymptomatic.
- HIV testing is available at no cost at the Arleen Cooper Community Health Center at The Center, 401 S. Maryland Parkway, Las Vegas, NV 89101. Hours are 9 a.m.–5:30 p.m. Monday through Thursday and 9 a.m.–2 p.m. Fridays and Saturdays. Appointments are preferred, but walk-ins are accepted.
- The Health District's Collect2Protect program offers free at-home HIV tests, giving people a convenient and private option for testing. The kits can be requested through the [Collect2Protect](#) page.

Same-day HIV testing and treatment services are also available in the Southern Nevada Community Health Center and at the Fremont Public Health Center. HIV services include testing, medical, behavioral health, nutrition, case management, pharmaceutical, and educational services, including PEP and PrEP navigation and treatment for those who test negative. Services are offered for insured and uninsured patients. Sliding fee scale discounts are available to all patients who qualify.