



# MEASLES ALERT!



## EXPOSED?

### THE FACTS

- 1. Measles is a highly contagious, serious airborne disease and remains one of the leading causes of death among young people globally.**
- 2. No longer considered endemic in Canada, but outbreaks continue to occur.**
- 3. Cases imported from other countries remain an important source of infection.**
- 4. Outbreaks could result in secondary hospital staff infections.**

**Measles is dangerous for pregnant mother as this can result in her baby being born prematurely with a low birth weight.**

### I think I might have measles. What should I do?

**If you or your child is showing symptoms of measles, stay at home, avoid contact with others, and call your health centre or Health Link at 811 before visiting any hospital, clinic, or healthcare provider. It is important to not visit the health centre before calling, as you may put others at risk.**

**Transmission:** Spread by contact with infected nasal or throat secretions (coughing or sneezing) or breathing the air from someone with measles.

**Treatment:** There is no specific treatment. The focus of treatment is to relieve symptoms, to make the patient comfortable and to prevent complications. Drinking more water and eating healthy diet is important during illness.

### Prevention:

Community-wide vaccination is the most effective way to prevent measles. Two doses of measles vaccine are required at least one month apart. All persons born after 1970 are eligible for vaccination if not already vaccinated.

### SIGNS & SYMPTOMS:



**High grade fever (38°C or higher)**



**Brown or reddish rash**



**Cough**



**Red eyes and/or runny nose**



**Measles is a serious viral illness that can result in:**

Blindness, breathing problems including pneumonia, encephalitis (brain swelling and potentially brain damage), middle ear infections, severe diarrhea and related, and/or dehydration

