

MEASLES:

KNOW THE DANGERS

THE FACTS:

- Measles outbreaks are rising around the world.
- Measles is a highly contagious, serious airborne disease.
- Most cases in Canada come from international travel, but a few cases have resulted from community spread.
- Because of the pandemic, many younger children missed one or both of their measles vaccinations.
- Infants, children and unvaccinated pregnant women are most at risk of getting serious complications.

Measles is a serious viral illness that can result in:

- Secondary Infections such as:
 - Breathing problems including pneumonia
 - Skin infections
 - Middle ear infections
- Blindness
- Encephalitis (brain swelling and potentially brain damage)
- Severe diarrhea and related dehydration

SIGNS & SYMPTOMS:

High grade fever
(38°C or higher)



Brown or
reddish rash



Cough



Red eyes and/or
runny nose



Transmission:

Spread by contact with infected nasal or throat secretions (coughing or sneezing) or breathing the air from someone with measles. Measles virus can stay alive and infectious in the air and on infected surfaces for up to 2 hours.

Treatment:

There is no specific treatment. The focus of treatment is to relieve symptoms and prevent complications. Drinking more water and eating a 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 for immunity. All persons born after 1970 are eligible for vaccination if not already vaccinated.

IF YOU ARE EXPERIENCING SIGNS OR SYMPTOMS, PLEASE CONTACT YOUR DOCTOR OR COMMUNITY HEALTH CENTRE IMMEDIATELY OR CALL 811