

MEASLES: STAY SAFE AND PROTECTED THIS MARCH BREAK

Measles is a highly contagious and potentially severe viral infection. Cases are currently being reported across Canada and around the world, including a large number of cases recently reported in the United States and Mexico. Travel-related cases of measles predominantly occur in unvaccinated and under-vaccinated people.

Symptoms of measles usually include fever, cough, red eyes, and a rash. Measles can also cause blindness, brain infection and swelling, ear infections, pneumonia, and death. You can learn more about measles [here](#).

Ensure your families' vaccines, including the measles vaccine, are up to date before March Break

The best way to protect against measles is through vaccination.

Stay up to date with your vaccinations, especially if you are planning any travel for March Break. It takes about one to two weeks for vaccine to take full effect, so get vaccinated sooner than later. You can refer to the Government of Canada's [Travel Health Notice](#) or check the provincial and territorial websites for more information.

The measles vaccine is included in the [Ontario routine childhood immunizations schedule](#) and is provided free of charge. Two doses of the *Measles, Mumps, Rubella* (MMR) vaccine or *Measles, Mumps, Rubella, Varicella* (MMRV) vaccine are about 97% effective in preventing measles infection. The vaccines are safe, effective and essential for preventing further spread or outbreaks.

- Children in Ontario typically get their first dose of a measles vaccine after 12 months of age and their second dose between the ages of four and six. However, if your child is traveling to an area where measles is of concern, speak to your health care provider about the possibility of an earlier first or second dose of the vaccine.
 - Measles-containing vaccine may be given to infants aged six to 11 months if travelling to areas where measles is of concern. Two additional doses of measles-containing vaccine must be given after the child is 12 months old to ensure long-lasting immunity.
 - Children 1 to 4 years of age who travel to an area where measles is of concern may receive an early second dose of measles-containing vaccine, provided the required interval between vaccines has been met.
- Adults born in or after 1970 require two doses of measles vaccine.
- Adults born before 1970 are likely to have had measles infection in the past and are considered immune. However, travellers born before 1970 who do not have evidence of immunity should receive one dose of measles containing vaccine.

PUBLIC HEALTH

1-877-464-9675 ext. 73588

TTY 1-866-512-6228

york.ca/measles



York Region Public Health offers MMR/MMRV vaccine appointments for individuals aged 12 months to 55 years old (born in 1970 or later). Appointments are free of charge and an OHIP card is not required. Appointments can be booked [here](#). Your health care provider, some walk-in clinics and travel clinics can also provide these vaccines.

Report your child's vaccination

Vaccinations need to be reported to York Region Public Health to ensure that an accurate immunization record is maintained. Doctors do not report vaccinations to Public Health. You can report and view your child's vaccinations [online](#). Additional information about measles is available [here](#).

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