

About Measles

**Information is current as of March 21, 2024*

Measles is a serious infection that is highly contagious. It can be spread through coughing, sneezing, talking or even just breathing. It can also be transmitted by touching your eyes, nose or mouth after touching an infected surface.

Protect yourself against measles

- ✓ Ensuring children are up to date with their vaccines is the priority. Children should receive two doses as part of routine childhood vaccinations, given at age 1 and 4-6 years of age.
- ✓ Adults who have not been vaccinated or do not have a history of measles infection should receive one dose of a measles-containing vaccine.
- ✓ If you don't know whether you're vaccinated or have had measles, you are eligible for the vaccine.

The vaccine should not be given to:

- People who are pregnant
- Infants under 6 months
- People with weakened immune systems

Most at risk for exposure to measles:

- Health care workers
- Those travelling to countries where measles is circulating
- Post-secondary students



Where to get the vaccine

Contact your family doctor, primary care provider or **public health unit**.

Symptoms:



Fever



Runny Nose



Cough



Red Eyes



White spots in the mouth and throat



Rash

You are considered contagious from 4 days prior to a rash appearing until 4 days after the rash has appeared (9 days total).

If you become ill:

Isolate at home and call a health care provider. Don't go to a health care facility until you have called first to say that you might have measles. If measles is expected/confirmed, isolate.



For more information visit www.ontario.ca/page/about-measles

Ontario College of
Family Physicians

