

# About Measles

*\*Information is current as of March 7, 2025*

Measles is a serious infection that is highly contagious. It can be spread by air droplets, 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.
- ✓ Adults born before 1970, may have natural immunity.
- ✓ Adults born in 1970 or later likely received one dose of a measles-containing vaccine. In 1996, two doses became the standard in Ontario. If travelling outside Canada to high-risk areas where measles is circulating, two doses are recommended.
- ✓ If you don't know whether you're vaccinated or have had measles, you are eligible for the vaccine.

### The vaccine should never 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

If you find out you've been exposed, and aren't fully immunized, contact your family doctor, primary care provider or public health unit.



### 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](http://www.ontario.ca/page/about-measles)

Ontario College of  
Family Physicians

