

## Measles infections have recently been confirmed in Saskatchewan

### MEASLES FACTS

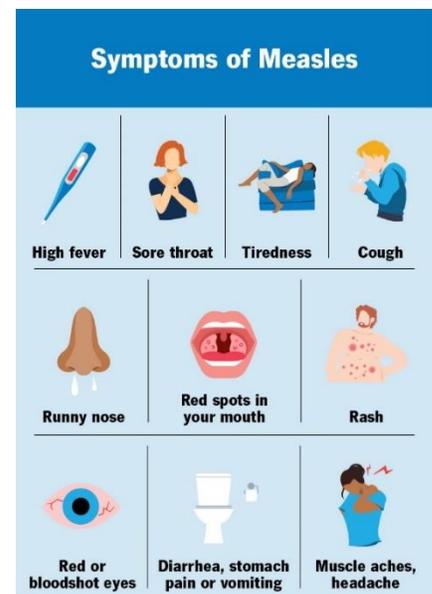
- The measles virus is one of the most contagious communicable diseases, it spreads by airborne route, respiratory droplets, or direct contact with nasal or throat secretions of infected persons.
- It will infect about 90% of people exposed if they have not had measles already or been vaccinated against it.
- It can live for up to two hours in the air after an infected person leaves the area. You might not even know you have been exposed.
- An infected person can spread measles to others **four days before** they know they are infected.
- It can cause serious health complications including respiratory failure, blindness, deafness, pneumonia, encephalitis, or death.
- Vitamin A will **NOT** protect you from getting measles. Vitamin A deficiency is linked to delay in recovery and greater complications with measles.
- On average:
  - 1 in 5 unvaccinated people who get measles are hospitalized
  - 1 in 10 people with measles will develop complications
  - 1 to 10 of every 10,000 cases of measles will die
  - 1 in 20 children will get pneumonia
  - 1 in 100 children will develop encephalitis (swelling of the brain)
  - 1 to 3 of every 1000 children will die from respiratory or neurologic complications



### MEASLES SYMPTOMS

Symptoms may vary from person to person, appearing 7-21 days after exposure to the virus and can include:

- Fever
- Malaise
- Dry cough
- Runny nose
- Sore throat
- Red, watery eyes or inflamed eyes - Conjunctivitis
- Tiny white spots (Koplik spots) in the mouth may appear 2 to 3 days after symptoms begin.
- Rash, which usually appears about 14 days after infection or 3 to 7 days after the first symptoms.
  - Rash typically begins on the face, moving down to the trunk of the body, then to the arms and legs



## HOW TO PROTECT YOURSELF AND OTHERS

- If you are sick, stay home from work or class to prevent the spread of measles and other contagious illnesses. Avoid close contact with other people and contact public health, a healthcare professional, or [HealthLine](#) at 811 for more information.
- [Wash your hands](#) with soap and warm water for at least 20 seconds or use hand sanitizer containing at least 60% alcohol.
- Get your Measles/Mumps/Rubella (MMR) or Measles/Mumps/Rubella/Varicella (MMRV) vaccination. Vaccines can save lives by protecting you if exposed to the virus, prevent you from becoming extremely ill, and protecting people close to you who are at a higher risk of measles complications.

## MEASLES VACCINE INFORMATION

There is **NO** proven link between the MMR/MMRV vaccine and autism

1. The Saskatchewan Health Authority (SHA) recommends vaccination for:
  - i. **Those born before 1957**  
No vaccine is required
  - ii. **Those between 1957 to 1969**  
1 dose of MMR/MMRV vaccine only if travelling outside Canada and if there is no evidence of immunity (through blood testing or history of lab-confirmed measles)
  - iii. **Those born in or after 1970** (12 months or older):  
2 doses of MMR/MMRV vaccine if there is no evidence of immunity (through blood testing or history of lab-confirmed measles)
  - iv. **Infants** (under 12 months of age)  
Contact child's health care provider
2. If you are fully vaccinated or have had a lab-confirmed measles test, a booster vaccine is not recommended but verify with your health care professional or with the [Public Health Office](#).

### Vaccine effectiveness:

- One dose of MMR/MMRV is 93% effective against measles
- Two doses of MMR/MMRV is 97% effective against measles

**Getting your measles vaccination is the most safe and effective way to protect yourself against the measles and measles-related complications**

### Resources:

[Measles: For health professionals - Canada.ca](#)  
[Measles vaccines: Canadian immunization guide - Canada.ca](#)  
[Questions About Measles | Measles \(Rubeola\) | CDC](#)  
[Measles - Symptoms & causes - Mayo Clinic](#)  
[Measles: Rash, Causes, Symptoms, Treatment & Prevention](#)

[Letter-CMO-MeaslesRiskSKHigherEd-03-24.pdf](#)  
[About Measles | Measles \(Rubeola\) | CDC](#)  
[Global Measles Notice – Travel.gc.ca](#)  
[Measles Resources | IPAC Canada](#)