

MEASLES

What you need to know

Measles is a highly contagious virus that can be very serious.
Vaccination is the most effective way to prevent transmission and illness.

Symptoms

Rash



Cough



Red,
watery eyes



Runny nose



High fever



Other symptoms may include ear infections, lung infections or diarrhea

In severe cases, measles can be fatal

- Measles spreads when someone who has measles coughs or sneezes.
- It can also stay in the air and on things like tables or toys for a long time. 90 percent of people who haven't been vaccinated or haven't had measles before will be infected if they are around someone who is sick with measles.

Prevention

- Talk to your Community Health Nurse about protection against measles.
- You can also check your medical records to see if you or your child is vaccinated against measles through the BC Health Gateway online: healthgateway.gov.bc.ca

What else can you do?

- ✓ Stay home if you are sick.
- ✓ Wash your hands to protect others.
- ✓ If you have symptoms and need to be assessed, call ahead so the clinic can protect others.
- ✓ Stay up-to-date on your Measles vaccine.



First Nations Health Authority
Health through wellness

Contact your local health centre:

T: _____

E: _____