

Protection Against Measles: What You Need to Know?

Measles is a respiratory infection that is highly contagious. Individuals with measles spread the virus by coughing or sneezing into the air.

Are You and Your Family Protected?

The measles, mumps, and rubella (MMR) vaccine has been used safely in Canada for more than 50 years. Most people in Ontario were vaccinated in childhood, but it's still a good idea to check your immunization record.

When the MMR Vaccine is Recommended:

Age Group	Ontario's Routine Immunization Schedule	Travelling to a High-Risk Area**?
Infants (6-11 months)	Not applicable	One dose of MMR <i>Your child will still need 2 doses after age 12 months to meet requirements for immunizations in school.</i>
Children (12 months and over)	Two doses of measles-containing vaccine: <ul style="list-style-type: none">• One dose of MMR at 1 year of age• One dose of MMRV between 4 and 6 years of age (prior to school entry)	Children 1 to 4 years of age are encouraged to receive a second dose as soon as possible, but not before minimum interval of 28 days.
Adults (18 years and older)	Adults of any age who have had only one dose of MMR may receive a second dose if they are: <ul style="list-style-type: none">• Health care workers• Post-secondary students• OR based on a health care provider's clinical judgement	A second dose of MMR is recommended for all adults born in or after 1970 (for those who have not previously received 2 doses of MMR).

*Source Public Health Ontario Routine and Outbreak-related measles immunization schedules. **Travelling: Visit our website to search for areas of concern where measles activity may be high in Ontario.

Check your vaccine records. If you are unsure whether you or your family are protected against measles, talk to a healthcare provider or contact us.

How Does Measles Spread?

Measles spreads easily through coughing, sneezing, talking, or breathing. You can also get it by touching your face after touching a surface with the virus, or by being in a room hours after an infected person was there.

This Time of Year: What to Watch For?

With warm weather and outdoor activities increasing, it's easy to mistake common summer skin irritations for measles. Here's how to tell them apart:

Measles Symptoms (appear 7–14 days after exposure):

- High fever (often over 38.5°C)
- Cough, runny nose, red/watery eyes
- Tiny white spots in the mouth (Koplik spots) are a unique measles sign
- Rash: Starts on the face, then spreads to the chest, back, arms, and legs

Unlike rashes caused by allergies or the environment such as heat rash, poison ivy, swimmer's itch, or allergic reactions - the measles rash:

- Comes after other flu-like symptoms
- Looks like flat red spots that may join together
- Doesn't itch as much as other rashes

If you're experiencing symptoms of measles, stay home, avoid contact with others, call your healthcare provider or your local Health Unit.



Have questions or need to speak with a Public Health Nurse?

Call your local Health Unit:
HKPR District Health Unit at 1-866-888-4577 ext. 4050
Peterborough Public Health at 705-743-1000 ext. 131

For more details about measles, symptoms, and vaccine eligibility, visit hkpr.on.ca/measles

