

## Measles FAQs for Camp Operators and Parents

### What is measles?

- Measles is a highly contagious respiratory virus that spreads through the air when an infected person coughs or sneezes. The virus spreads easily among those who have not been vaccinated.
- Symptoms of measles begin within 7 to 21 days after exposure and include: fever, runny nose, cough, drowsiness, irritability, soreness and redness of the eyes, and/or a red blotchy rash starting on the face and spreading down the body.
- Ontario has been experiencing an increase in measles cases since the end of October 2024. There have been outbreaks in several regions of Ontario. Visit [Measles Exposures in Ontario | Public Health Ontario](#) for more information.
- For more information about measles, visit: [HKPR District Health Unit | Measles](#)

### What can camp operators and families do to prevent measles?




- Do not send your child to camp if your child has symptoms of measles (see above) and contact your local health unit.
- Immunization is the best protection against measles. 1 dose of measles vaccine provides 95% protection, and 2 doses provides almost 100% protection.
- Two doses of the measles, mumps, rubella (MMR) vaccine are recommended for all children:
  - 1<sup>st</sup> dose is given on or after the 1<sup>st</sup> birthday
  - 2<sup>nd</sup> dose is given between the ages of 4 and 6 years of age
- Adults 18 years of age and older who have not received the MMR vaccine, or who do not have record of receiving a dose of MMR vaccine, should receive one MMR vaccine dose. Adults may be eligible for a 2<sup>nd</sup> dose and should speak to their health care provider.
- Healthcare workers require 2 doses of the MMR vaccine or documented immunity.
- Adults born before 1970 are generally presumed to be immune to measles. However, some may be unsure if they had measles or the vaccine and are recommended to receive one dose.
- Check your/your child's yellow card by contacting your healthcare provider or your local public health unit's website.
- If you need the vaccine, visit your healthcare provider to receive one or contact your local public health unit to see if they can immunize you/your child(ren).



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## What happens if measles is reported at a camp?

The Health Unit will review all child, staff and volunteer vaccination records for the recreation camp affected. Any camp attendees, staff and/or volunteers found to be susceptible to measles through an exposure to a case(s) may be sent home until such time an assessment of their vaccination record deems them protected (e.g. they have 2 doses of measles-containing vaccine). This is to protect everyone's health.

If camp attendees, staff and/or volunteers are exposed to measles they may be recommended to get additional doses of the MMR vaccine.