



LAMBTON PUBLIC HEALTH

160 Exmouth Street
Point Edward, ON N7T 7Z6
Telephone: 519-383-8331
Toll free: 1-800-667-1839
Fax: 519-383-7092
www.lambtonhealth.on.ca

February 2015

Measles Information for Parents and Guardians

Dear Parents:

Re: Ensure Measles Immunization and Records are Up-to-Date

While a number of measles cases have been confirmed in Ontario, there are **NO** case contacts (exposure to the measles virus) in Lambton County at this time.

The majority of students in Lambton County have been immunized against measles, and the risk to the general public is low.

It is important to ensure your child's measles immunization and records are up-to-date. Immunization is the best way to protect communities and schools from outbreaks that can cause unnecessary illness and death.

What is measles?

- Measles is a viral infection.
- It spreads easily from person to person.
- Vaccination is 97% effective at preventing measles.

Who is at risk?

- Anyone born in 1970 or after who has **not** had **two (2)** doses of measles vaccine.
- Infants under one (1) year of age, pregnant women, and people with weakened immune systems are at greater risk of serious illness.

Symptoms

- Fever of 38.3° C (101° F) or greater.
- Cough.
- Runny nose and red/watery eyes.
- Small, red spots with a white speck in centre (Koplik spots) also develop inside the mouth.
- Red blotchy rash on face begins the 3rd to 7th day and spreads downward to rest of body.
- Rash will last 4-7 days.
- Measles usually lasts for 2 weeks.



How does it spread?

- Measles spreads easily through the air or contact with droplets from the nose and throat of an infected person.
- Virus particles can remain in the air for a long time, and infect others in the same room or nearby rooms.
- Those infected with measles can spread the disease to others for 4 days before the rash appears and up to 4 days after the rash appears.

Preventing measles

- Immunization with two (2) doses of measles vaccine.
- First dose at 12 months of age; second dose between the ages of 4-6 years.
- If you are not sure about your family's vaccine records, call your health-care provider or Lambton Public Health.

If you have signs and symptoms of measles:

- **If you think you have measles, contact your healthcare provider.** Call ahead to your doctor to explain your symptoms. To avoid spreading the disease at the doctor's office, you may be given the last appointment of the day and you may be asked to wear a mask upon arrival at the office.
- **Stay at home. Do not** attend any social and group gatherings.

If you have any questions, call Lambton Public Health at 519-383-8331 or 1-800-667-1839.

Sincerely,

Erin Courtney, RN, BScN, MEd
Supervisor, Health Protection