

# 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% of people who haven't been vaccinated or 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](http://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: \_\_\_\_\_