

# Ways to reduce risk from measles



First Nations Health Authority  
Health through wellness

## when vaccination isn't an option

Measles is a serious illness caused by a virus. It spreads very easily through the air. While vaccines offer strong protection, they're not always an option. If you or someone you care for cannot be vaccinated, here are some ways to reduce risk from measles.

## Actions to protect yourself

- 1 Avoid crowded places** and public events during a measles outbreak. Stay home when you can.
- 2 Clean hands and surfaces.** Wash your hands often. Clean and disinfect things that are touched a lot.
- 3 Keep your body strong.** Eat plenty of fruits, veggies, whole grains, and protein to help your immune system.
- 4 Create a safe circle.** Being around people who are vaccinated lowers your risk of catching measles.
- 5 Know the signs of measles.**
  - Fever of 38.3° C or higher
  - Cough
  - Runny nose
  - Red, watery eyes
  - Rash - red, blotchy, flat spots that show up 3-7 days after fever

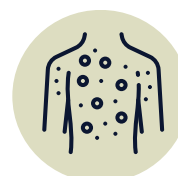
## If you've been near someone with measles



Let care providers know early



Find out if treatment is an option



Look out for signs of illness

## If you or your child has signs of measles



**Stay home** and away from others. Wear a mask if around others.



**Call a health care provider** or 8-1-1 for advice. Make sure to call ahead before you go to a clinic or hospital, as measles spreads very easily.

Community Health Contact Information: \_\_\_\_\_

These steps can't replace vaccines but can help reduce your risk.