

What to do if you are a measles contact



First Nations Health Authority
Health through wellness

It can be worrying to know you were near someone with measles.

But there are steps you can take to care for yourself and those around you.



Everyone



- **Watch for symptoms** like fever, cough, runny nose and rash
- **If you get symptoms:**
 - Stay home and away from others
 - Contact the health centre - call ahead if you need to go

If vaccinated

with 2 doses of measles vaccine



If born before 1970

as you are considered protected*



- **Continue your regular activities**

If not protected

meaning you are born after 1970 and NOT vaccinated



- A public health nurse will contact you about important safety measures
- They may offer protection through vaccine or medicine, if early enough
- **Avoid meeting people at higher risk** for 21 days after contact with measles

If you or your child are at higher risk



- Babies under 1 year old
- Pregnant people who aren't vaccinated
- People with weaker immune systems

- **Call your local public health unit** or community health provider as soon as possible

*Employers or occupational health may have other instructions depending on your place of work.

Questions?

Call 8-1-1 or your local health centre



More info and resources at
[FNHA.ca/measles](https://fnha.ca/measles)



BCCDC measles exposure risk assessment tool