



IMPORTANT MEASLES INFORMATION FOR YOUR COMMUNITY:

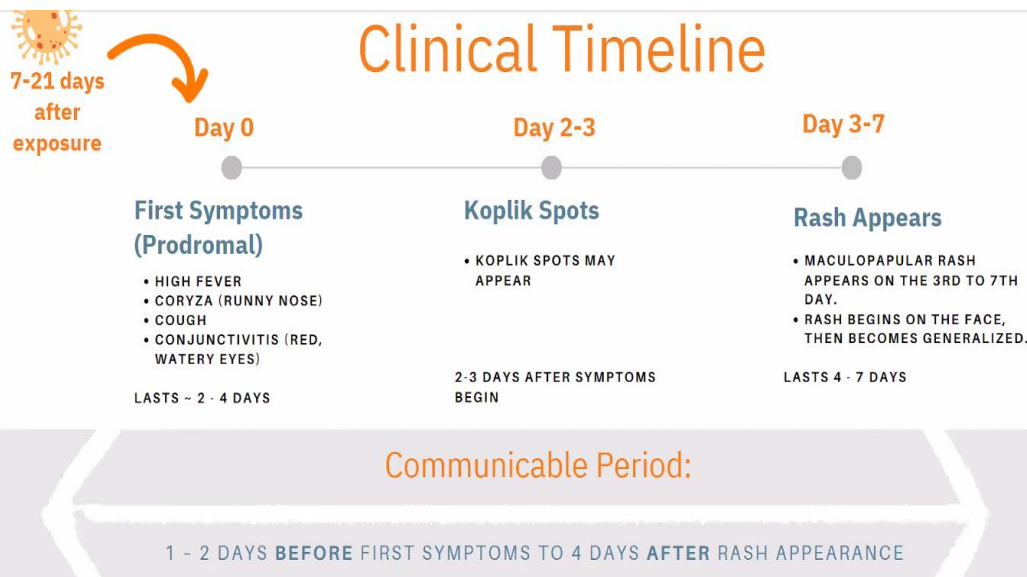


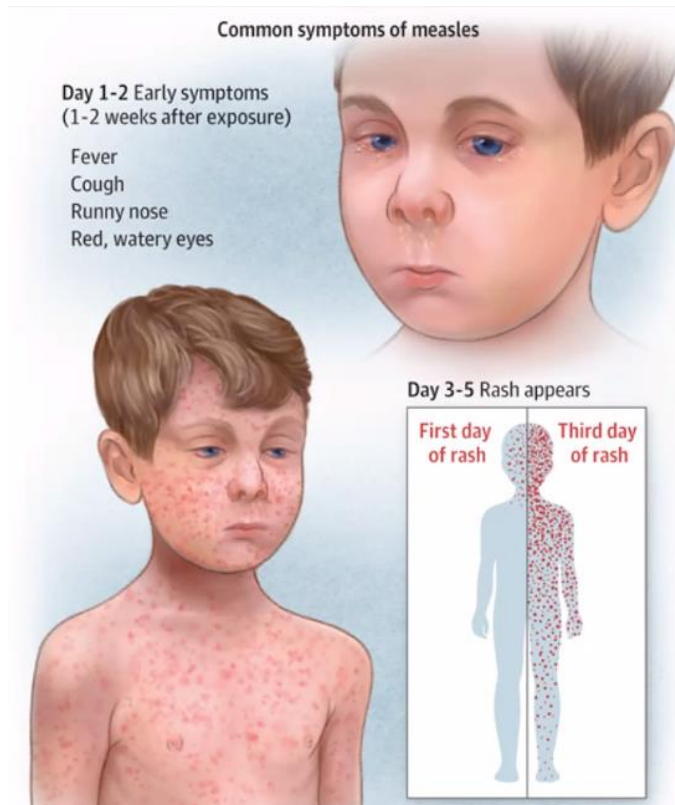
- **With Measles cases being on the rise in Europe, U.S.A., and Canada as well as increasing cases of pertussis (whooping cough) in BC. NTC Nursing has compiled the following information for your knowledge.**

Measles is a highly contagious viral infection that primarily affects the respiratory system. It is caused by the measles virus. The virus is transmitted through respiratory droplets when an infected person coughs or sneezes. Measles can be spread through air. People can pass the virus to others before they show symptoms, and the virus can stay suspended in the air in a room for several hours. That is why protection by immunization is so important. People who are most at risk from measles are those who are completely unvaccinated against the disease and have not had measles.

Measles is known for its characteristic symptoms, which typically include:

1. **High Fever:** Measles often begins with a high fever, which may reach up to 104°F (40°C).
2. **Cough:** Infected individuals may experience a persistent cough.
3. **Runny Nose:** A runny or stuffy nose is a common symptom.
4. **Conjunctivitis:** Measles can cause inflammation of the eyes, leading to redness and irritation.
5. **Koplik's Spots:** Small, white spots with bluish-white centers may appear inside the mouth, particularly on the mucous membrane opposite the molars.
6. **Rash:** A characteristic red, blotchy rash usually appears a few days after the onset of other symptoms. It typically starts on the face and then spreads to other parts of the body.





Measles can lead to serious complications, especially in vulnerable populations such as young children, pregnant women, and individuals with weakened immune systems. Complications may include pneumonia, encephalitis (inflammation of the brain), and in severe cases, death.

Vaccination is highly effective in preventing measles. The measles, mumps, and rubella (MMR) vaccine is typically administered in two doses, with the first dose given around the age of 1 and the second dose between ages 4 and 6. Vaccination not only protects individuals from measles but also contributes to community immunity, reducing the overall spread of the virus.

What if I have symptoms, concerns or questions?

- Please phone the [NTC Health Office](tel:250.724.3939) (250.724.3939) and ask to speak with a Community Health Nurse or the Clinical Nurse Leader.
- Infants, toddlers, and children with NO history of MMR vaccine, please contact your local public health unit or your [NTC Community Health Nurse](#).
- Healthy adults please refer to your pharmacists if you are concerned.
- Healthy adults traveling, please contact the Nanaimo travel clinic (250.753.0087) and/or access [BC Health Gateway](#) for immunization records.
- Immunocompromised adults please refer to your [local public health unit](#) or primary care provider (family doctor).