



Measles

What is Measles?

Measles is a highly contagious viral infection that spreads through the air when an infected person breathes, coughs or sneezes.

Signs and Symptoms

- Fever that last for a couple of days
- Cough, runny nose, and red and water eyes that follows the fever
- Small red spots with bluish-white centers inside the mouth (Koplick spots)
- Rash that starts on the face and upper neck and spread down the body before spreading to the arms, hands, legs and feet

How does it spread?

- Measles is mainly spread through the air. It can be caught just by being in a room with a person with measles or where someone with measles has been recently
- The virus can survive in the air for up to two hours
- The virus is very contagious up to 4 days before the rash or signs of illness starts

How do you prevent it?

- Vaccination against measles is the best way to prevent its spread
- If you are not vaccinated and want the vaccine, call the health unit at 519-426-6170 for a referral

If you or someone you know develops symptoms of measles:

- Isolate the individual(s)
- Don't go to work for at least 4 days after the appearance of the rash
- Contact the Health Unit at 519-426-6170
- If you need to visit a health care provider, call in advance to advise them of measles symptoms

Resources

Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/measles.html>

Caring For Kids

caringforkids.cps.ca

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