

COPIE DE COURTOISIE

Are you protected against measles

Measles is circulating

Since the beginning of 2024, several cases of measles have been reported in Quebec. Measles is found worldwide, including in Europe, Asia, the Middle East and Africa. So you can catch it when you come into contact with an infected person, whether in Quebec or during a trip. Summer is a time when people like to travel, so make sure you are protected before you go.

What is measles?

Measles is a serious and highly contagious disease and it cannot be treated. It is caused by a virus that is spread through the air when an infected person breathes, coughs, sneezes or speaks.

It can take 5 to 21 days from contact with the virus to onset of the disease. A person is contagious from 4 days before the rash appears up to 4 days after the rash appears.

If there are no complications, most people recover fully from measles in 1 or 2 weeks.

Symptoms and complications of measles

Symptoms	Complications
<i>Fever</i>	<i>Otitis</i>
<i>Nasal congestion with runny nose</i>	<i>Pneumonia</i>
<i>Cough</i>	<i>Persistent diarrhea, especially in infants</i>
<i>Conjunctivitis (red, watery eyes)</i>	<i>Seizures</i>
<i>Light-sensitive eyes</i>	<i>Vision or hearing loss</i>
<i>General malaise</i>	<i>More rarely, permanent brain damage or death</i>
<i>Rash on the face and then on the body (2 to 4 days after the appearance of other symptoms)</i>	<i>Miscarriage or premature delivery in pregnant women</i>

Who should get vaccinated against measles?

- Children at 12 months and 18 months of age;
- Children age 6 to 11 months who travel to a country or region where measles is circulating;
- People born in or after 1970 who have never had the measles vaccine or who have never had the disease.

Babies under 6 months of age and pregnant women cannot be given the measles vaccine. It is important that people around them get vaccinated to protect them.

What should you do if you have been exposed?

If you or a loved one think you have measles or have been exposed to the virus:

- **Stay home and call Info-Santé (811).**
- If your health condition requires an immediate consultation, **before you go to the clinic, let the staff know** that you or your child may have measles.

There is no treatment, vaccination is the best way to protect yourself against measles.

If exposed, a vaccine or antibody injection may be required for the following people, as they are at risk of complications:

- babies under one year old;
- people with a weakened immune system;
- pregnant women who are not adequately vaccinated against measles.

Additional information

If you would like more information about measles vaccination, visit [Québec.ca](https://quebec.ca), contact the CLSC, a local point of care or call [1-877-644-4545](tel:1-877-644-4545).

To learn more:

