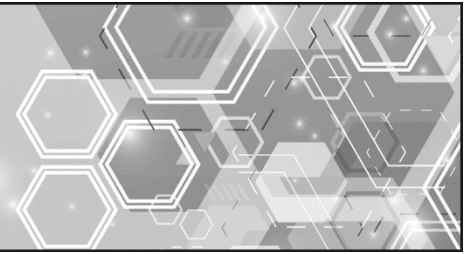




## Durham Region Health Department Facts about...



# Measles Exposure

## What is a measles exposure?

A person with confirmed measles can spread the illness to others while they are contagious/infectious. Measles is contagious from four days before the appearance of a rash to four days after. An exposure to measles occurs when you share the same air space for any length of time with a person who is contagious with measles. This includes the two hours after the person with measles has left the air space (e.g., home, school, day care, school bus, doctor's office, emergency room etc.)

Even if you have already been immunized against measles or if you have had measles, you can still be exposed.

## What should I do if I have been exposed to measles?

Monitor for signs and symptoms for 21 days following the last exposure to a person with measles.

Symptoms of measles may include:

- High fever
- Cough
- Runny nose
- Red, watery eyes, sensitivity to light
- Small white spots in the mouth (known as Koplik's spots)
- About three to seven days after symptoms begin, a red rash appears that typically begins on the head and spreads down the body to the arms and legs. The rash disappears in the same order of appearance (head to foot) in about four to seven days.
- On average, symptoms last for about 10 days

## What do I do if symptoms of measles develop?

If you develop symptoms, call your health care provider immediately. **Do not visit your health care provider's office without calling them first and informing them that you have been in contact with someone diagnosed with measles.** If you are going to the doctor's office or clinic, wear a well-fitting high-quality mask.

If you develop symptoms, do **not** attend work, school, or day care.

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905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.



# Check your measles immunization records

If you are exposed to measles and are not protected, a vaccine can prevent measles from developing if it is given within 72 hours (three days) of exposure.

Please check your immunization records to confirm that you are up to date with your measles vaccination (MMR or MMRV). If you are unsure, please check with a health care provider.

- For anyone 12 months and older, check your immunizations to confirm you have had **two doses** of a measles-containing vaccine, given at least four weeks apart.
- If you have not had two doses of measles vaccination in the past, please contact a health care provider immediately to request a measles-containing vaccine.
- It is generally assumed that adults born before 1970 were infected as children and have acquired natural immunity to measles. In some cases, a measles-containing vaccine is given to these individuals.
- Regardless of age, **health care workers** and **military workers** should have **two doses** of measles-containing vaccine.
- If you are pregnant, consult with your health care provider to confirm your status by reviewing your medical records or have a blood test to check for measles immunity.

If you do **not** have two documented doses of MMR vaccine and you work or attend a high-risk setting such as health care, school, daycare, congregate living settings, military or are in Emergency Medical Services (EMS), you must remain excluded (i.e. away from the high-risk setting) for 21 days from last exposure to measles or until proof of immunity against measles is provided to Durham Region Health Department.

## Immune Globulin

You may be recommended to receive immune globulin for post exposure protection against measles. Immune globulin is a blood product with antibodies to protect against infections including measles. Receiving immune globulin within six days of being exposed to measles may prevent or lessen severity of measles.

Immune globulin is generally given to persons who are unable to receive the vaccine, and/or individuals at higher risk of complications from measles such as infants, pregnant women, and persons with weakened immune systems.

March 6, 2024