

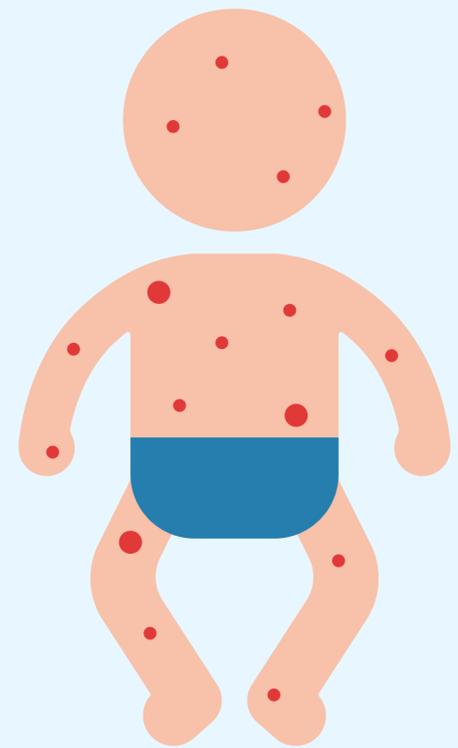
MEASLES

NOT JUST A DISEASE FROM THE PAST

- Cases of measles have been reported in Ontario
- Measles is very contagious, it infects 90% of close contacts who are not immune
- Measles virus can live in the air and on surfaces for 2 hours
- Measles can cause serious health complications and death

SIGNS & SYMPTOMS

- High fever
- Cough
- Runny nose
- Red, watery eyes
- Small, white spots inside the mouth
- Rash starting 3-5 days after symptoms begin



If you have symptoms of measles, self-isolate and contact your healthcare provider for assessment. Make sure you phone ahead to protect others.

MEASLES VACCINE SAVES LIVES

Protect yourself, your family and your community by making sure your measles vaccines are up to date!

If you have any questions please contact the Community Health Nurses at the Community Wellbeing Centre at 613-967-3603