



# Measles Bulletin

Date: February 13, 2015

## What's Happening?

Recently, there have been 8 confirmed **cases of measles** in Toronto, Niagara and York Region. There is considerable measles activity occurring in the United States. Between January 1<sup>st</sup> to February 6<sup>th</sup>, there were 121 cases from 17 states.

- Most cases have been **unvaccinated**
- To date, there have been no cases of measles in Waterloo Region

## Why does this matter?

- Measles infection can lead to **serious complications** including
  - pneumonia
  - swelling of the brain (encephalitis) and
  - death (in rare cases)
- Measles is a **highly contagious** infection and you can get it by just being in the same room as someone with measles.

## How to Prevent Measles?

- **Vaccination is close to 100% effective** in preventing measles
- Vaccinations needed:
  - Children: one vaccine dose (MMR) at 12 months of age, and a second dose at 4-6 years of age
  - Adults born in 1970 or later: at least 1 dose of measles vaccine and preferably 2 doses
  - Adults born between 1967 and 1970 may have received an older vaccine and require a dose of the current vaccine
  - Adults born before 1970 who didn't receive any vaccine are assumed to have had measles and considered immune; they don't need vaccination

## Ongoing key messages:

- Please check that you and your family have had 2 doses of measles vaccine (MMR), or contact your health care provider
- For further information about measles and measles vaccine please visit <http://chd.region.waterloo.on.ca/en/healthylivinghealthprotection/ivpd.asp>  
Please visit <https://e-immunization.regionofwaterloo.ca> to report all immunizations to public health or fax your record to 519-885-7260

**Questions about measles and measles immunization should call Region of Waterloo Public Health at 519-575-4400 or TTY 519-575-4608.**