

Measles FAQ for essential caregivers & patients with appointments

Updated: March 27, 2024

For parents/caregivers of peds patients

| Question | Response |
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| <p>How would I know my child's vaccination status?</p> | <p>Your child's immunization status can be found on their yellow immunization card.</p> <ul style="list-style-type: none"> ○ Everyone over age four should have two doses of the measles, mumps and rubella (MMR) vaccine. ○ Everyone who is aged one to four should have had one dose of MMR vaccination https://www.hamilton.ca/people-programs/public-health/vaccines-immunizations. <p>Keep your immunization card in your wallet, or a photo of it on your phone, for easy access.</p> <p>Ensure that your child is up to date on their vaccine.</p> |
| <p>What do I do if my unvaccinated child has been exposed to someone with measles?</p> | <p>If you think an unvaccinated child has been exposed to measles, call Hamilton Public Health Services at 905-546-2489 as soon as possible to speak with a public health nurse who can assess your risk of developing measles, and recommend potential actions such as an MMR vaccination or immunoglobulins.</p> <p>Monitor and quarantine your child for signs and symptoms of measles for 21 days after the date you think the exposure occurred.</p> |
| <p>What do I do if a vaccinated child has been exposed to measles?</p> | <p>Watch for signs and symptoms of measles until 21 days after exposure. You can continue to attend work, school or daycare.</p> |
| <p>How do I know if my child has been exposed to measles?</p> | <p>If you are identified as a contact, Hamilton Public Health will do one, or all, of the following:</p> <ul style="list-style-type: none"> ● Call to inform you that you are a contact. |

What should I do if my child has measles?

- Send a letter to your home if you are unreachable.
 - Alert the community by issuing a media release if the exposure may have happened in a public space, such as a shopping mall or a restaurant.
- Get lots of rest, drink plenty of fluids and take medicine to help with fever.
 - Stay home. Do not go to school, daycare or work for at least four days after your rash started. You can leave the house on day five after onset of the rash.
 - Do not share drinking glasses or utensils with others.
 - For specific questions about symptom management or medical care, speak with your doctor or nurse practitioner.

What do I do if my child has been tested for measles and I am waiting for the results at home?

Anyone with a pending measles test is asked to quarantine at home until Hamilton Public Health calls with the results.

If you are waiting for measles test results, Public Health will contact you as soon as possible to give you the positive, OR negative, results and offer guidance regarding quarantine at home and advice for your household contacts.

What should I do if I need to see a doctor?

Call the doctor's office before you visit.

If you go to the Emergency Department, inform the registration desk immediately if you have:

- 1) had exposure to measles
- 2) tested positive for measles
- 3) travelled outside of Canada and have symptoms
(fever/rash/runny nose/pinkeye)

Where can I get more information about the MMR vaccine?

More information about measles and the MMR vaccine (measles, mumps, rubella) is available on the Hamilton Public Health website:

<https://www.hamilton.ca/people-programs/public-health/vaccines-immunizations/vaccine-preventable-diseases/measles#prevention>

For patients with appointments

What should I verify before coming to my ambulatory visit at the hospital?

- 1) Everyone is asked to review if they are **measles immune**:
 - a. Born before 1970 in Canada (everyone born before 1970 is considered to have natural immunity).
 - b. Everyone older than the age of one should have had at least one dose of measles vaccine (takes 2 weeks to become immune after vaccination).
- 2) If you are **not immune**, we ask that prior to any upcoming visits, all patients consider if they meet the following criteria:
 1. Measles exposure in the past 28 days.
 2. Symptoms of potential measles (fever, cough, rash, pinkeye) AND have travelled in the past 21 days.

If so, you are asked to NOT come to the hospital, but call your clinical team to discuss what would be most appropriate for care and decide if you need testing.

If you arrive at the hospital and meet these criteria, before entering the hospital, call your clinical team for guidance on attending your visit.

If you are in clinic and it is determined you meet these criteria then your clinical team will decide if rescheduling your appointment is most appropriate or if care will proceed with measles testing.

What does immunity mean?

People who are “immune” to measles means that their body can fight the virus effectively and they will not become sick if exposed to measles. There are only two ways to become immune: either after vaccination or after infection.

What are my next steps?

People who have screened positive for measles are encouraged to follow up with their family physician and/or contact their local public health unit. (You may need to leave a voicemail.)

- Hamilton: 365-323-8170
- Brant: 519-753-4937
- Niagara: 905-682-8248
- Waterloo: 519-575-4400
- Haldimand-Norfolk: 519-426-6170

**What does testing for
measles include?**

- Halton: 905-825-6000
- Wellington-Dufferin-Guelph: 1-800-265-7293

Testing for measles includes a single blood test, a urine test, and a throat or nasopharyngeal swab.