



(Revised April 2025)

## Measles Frequently Asked Questions

<b><u>Question</u></b>	<b><u>Answers</u></b>
<b>How would I know my child's vaccination status?</b>	<p>Your child's vaccines can be found on their yellow immunization card.</p> <ul style="list-style-type: none"><li>• Everyone over age 4 should have two doses of the measles, mumps and rubella (MMR) vaccine.</li><li>• Everyone who is between 1 and 4 years old should have had one dose of MMR vaccination <a href="https://www.hamilton.ca/people-programs/public-health/vaccines-immunizations">https://www.hamilton.ca/people-programs/public-health/vaccines-immunizations</a>.</li></ul> <p>Keep your child's immunization card in your wallet, or a photo of it on your phone, for easy access.</p> <p>Check that your child has all of their required shots.</p>
<b>What do I do if my unvaccinated child has been exposed to someone with measles?</b>	<p>An unvaccinated child that has been around someone who has measles or has been in the same place as someone who had measles has had a "measles exposure" and that child can get measles.</p> <ol style="list-style-type: none"><li>1. Call Hamilton Public Health Services at <a href="tel:905-546-2489">905-546-2489</a> or your own <a href="#">local public health unit</a> as soon as possible to speak with a public health nurse about risks and next steps.</li><li>2. Keep your child home and watch for signs and symptoms of measles for 21 days after the date you think you were around someone with measles.</li></ol>
<b>What do I do if a vaccinated child has</b>	<p>Watch for signs &amp; symptoms of measles for 21 days after exposure.</p> <p>Your child can continue to attend work, school or daycare.</p>

**been exposed to measles?**

**What are the symptoms of measles?**

Measles symptoms start 7 to 14 days after you are exposed to the virus. The main signs include:

- Runny nose
- Cough
- Feeling tired or irritable
- Red, water eyes
- Small white spots inside the mouth and throat
- Blotchy rash that spread over the body (colour varies depending on skin tone)

**How do I know if my child has been exposed to Measles?**

If you or your child are identified as a measles contact, your public health unit will do one, or all, of the following:

- Call to tell you or your child are a contact.
- Send a letter to your home if you are unreachable.
- Alert the community via the media (TV, radio, newspapers) if the exposure may have happened in a public space such as a shopping mall hospital or a restaurant.

**What should I do if my child has measles?**

Ensure your child gets lots of rest, plenty of fluids and take medicine to help with fever.

Ensure your child stays home. Does not go to school or daycare for at least four days after your rash started. Your child can leave the house on five day after the rash started.

Your child should not share drinking glasses or forks and spoons with others.

For specific questions about symptom management or medical care, talk/call to 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 waiting for their measles test should stay at home.

Anyone waiting for their measles test results should stay at home until Public Health calls with the results.

Public Health will call you with your results and will help you decide how long you need to stay away from other people. They will also give advice for people who live with your child and others that have been around the child.

**What should I do if my child needs to see a doctor?**

Call the doctor's office before you visit.

If you bring the child to the Emergency Department, inform the registration desk immediately of your child's exposure and symptoms, or if you have had an exposure to measles, have tested positive for measles or if you have travelled outside of Canada and have symptoms (listed above). You can also call our emergency department before you arrive (905)521-5020.

**What should I do if I need to go the emergency room or my child needs to go to the emergency department?**

If you are coming by ambulance tell the paramedics if you think you or your child might have measles or have been around someone who has measles.

If you come to the Emergency Department (ED) on your own, an adult who is vaccinated or is immune, should come into the hospital ALONE to tell the staff that someone who may have measles is coming in. Do not bring your child inside at first.