



(Revised April 2025)

## Measles in Adults Frequently Asked Questions

<u>Question</u>	<u>Answers</u>
<b>How would I know my vaccination status?</b>	<p>Vaccine information is found on your 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 immunization card in your wallet, or a photo of it on your phone, for easy access.</p> <p>You can also log in to their public health unit’s website ( a list of Ontario’s Public Health units <a href="#">is available online</a> ) to review your vaccine record or speak to your primary care provider’s office.</p> <p>People born before 1970 are considered to have natural immunity.</p>
<b>What do I do if I am unvaccinated or not immune and have been exposed to someone with measles?</b>	<p>An unvaccinated person 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”. This exposure can result in measles infection after 1-3 weeks duration. If you have been exposed</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></ol>

**What do I do if I am vaccinated or immune but become exposed to measles?**

2. Avoid high risk settings (e.g. hospitals, long term care homes) and watch for signs and symptoms of measles for 21 days after the date you think you were around someone with measles.

Watch for signs & symptoms of measles for 21 days after exposure.  
You can continue to attend work, school or daycare.

**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, watery eyes
- Small white spots inside the mouth and throat
- Blotchy rash that spread over the body (colour varies depending on skin tone)

**How would I know if I am exposed to Measles?**

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

- Call to tell you that you 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 to care for someone in my household that gets measles?**

Ensure the person with measles infection gets rest, fluids and offer medicine to help with fever (acetaminophen or ibuprofen).

The person with measles should stay home and should NOT go to school, daycare or work for at least four days after the rash started. Individuals can leave the house on the fifth day after the rash started.

Do not share drinking glasses or forks and spoons with others. Wear a mask if you can.

For specific questions about symptom management or medical care, talk/call to your doctor or nurse practitioner.

Anyone in the household who may have been exposed should speak to their healthcare provider to see if vaccination or preventative medication is appropriate.

**What do I do if someone in my house has been tested for Measles and I am waiting for the results 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 you live with and others that have been around you.

**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 had an exposure to measles, have tested positive for measles or if you have travelled outside of Canada and have symptoms (listed above).

**What should I do if I need to go the emergency room related to measles.**

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 first come into the hospital ALONE to tell the staff that someone who may have measles is coming in. Do not bring the measles patient inside until the ED is informed and ready to receive them.

**What do I do if I am pregnant and have been exposed to Measles?**

If you are exposed to measles and you are pregnant you should check your vaccine records or speak to your health care provider to verify you are measles immune.

**Adults born after 1970 require 2 doses of measles vaccine for lifelong immunity.**

**If you are pregnant with measles exposure and you have not been vaccinated and have not previously had measles infection speak to your healthcare provider as you may be able to get a preventative IV treatment to protect you and your fetus from measles infection.**