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**To: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**You may have been exposed to an individual who had red measles.**

Measles is a very infectious viral disease that spreads easily from person to person through the air. Persons with measles usually have a high fever, cough, runny nose, and red eyes for a few days before the rash starts. The rash begins as small red spots, which enlarge and clump together, then spread over the entire body. Persons with measles may become very sick and may need to be hospitalized.

**What should you do?**

1. Check with your health care provider or local public health office to see if you require a MMR (Measles, Mumps, Rubella) vaccine.
2. Monitor yourself for signs and symptoms of measles.
3. If you think that you have measles, contact your health care provider. Phone first to alert the clinic that you suspect you may have measles so they can take adequate precautions to prevent spread to others.
4. If you have measles, you should avoid contact with others until **4 days** after the rash first appears.
5. If you are a Health Care Worker (HCW) immediately notify Occupational Health and/or Infection Prevention and Control for the facility/regional program in which you work.

For further information please see the Manitoba Health website:

<http://www.gov.mb.ca/health/publichealth/diseases/measles.html>

For questions please call PHN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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