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You have been identified as someone who may have been exposed to an individual who had red measles.

Measles is a very contagious disease caused by the measles virus. It spreads easily from person to person through the air and/or through close contact with fluids in the nose or throat of an infected person. 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, beginning on the face and spreading down the body. Persons with measles may become very sick and may need to be hospitalized.

What should you do?

Please reference the Manitoba Health website:

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

Review your immunization record (if you have a copy) and also call your health care provider or local public health office to review your record to see if you require MMR (Measles, Mumps, Rubella) vaccine.

List of local public health offices: <https://www.gov.mb.ca/health/publichealth/offices.html>

If you do not have a copy of your immunization record and would like a copy, you can submit a request via the online e-form to request a copy: <https://forms.gov.mb.ca/immunization-update-request/> .

This form is located on the provincial Immunization Records website:

<https://www.gov.mb.ca/health/publichealth/cdc/div/records.html>

Please note, the Manitoba Immunization registry was started in 1988. Immunizations provided prior to 1988 are unlikely to be included in the Manitoba Health’s official registry.

Monitor yourself for signs and symptoms of measles.

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.

If you have measles or think you might, you should avoid contact with others until 4 days after the rash first appears.

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.

To discuss further, please call Public Health Nurse: Click or tap here to enter text.

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