



Increasing risk of measles in Saskatchewan March 2025

Measles cases are occurring at an increasing rate worldwide and the risk of exposure to measles in Canada is growing. Measles is one of the world's most contagious diseases and can be very serious. It can affect all ages, but tends to be more severe in adults and very young children. Catching measles while pregnant can affect the baby.

Measles is spread by coughing, sneezing, or breathing infected air. The virus remains active and contagious in the air for up to two hours. The best way to protect yourself from measles is through immunization. Two doses of a measles-containing vaccine is 99 per cent effective at preventing the disease. If not up to date on their immunizations, anyone can spread and catch measles. Please check that everyone in your household is fully immunized for measles.

Adults' eligibility for publicly-funded measles immunizations depends on [their date of birth](#):

- Born 1970 and onwards – two doses
- Born 1957 to 1969 – if travelling to areas with outbreaks
- Born before 1957 - no vaccination is required

Children should receive two doses of a measles-containing vaccine, such as the Measles-Mumps-Rubella-Varicella (MMRV) vaccine. The first dose is given at 12 months of age and a second dose at 18 months of age.

Contact your community health nurse to see if you or your children are eligible for any immunizations.

Call Ahead to your community health center or primary care provider office if you have any signs or symptoms of measles to avoid spreading the virus to others:

- High Fever
- Cough
- Red eyes and/or runny nose
- Red, blotchy rash appearing 3-7 days after fever

