



Ohsweken Public Health Office
Gane Yohs Health Centre
P. O. Box 220, 1769 Chiefswood Road
Ohsweken, ON
Telephone: 519-445-2672
Fax: 519-445-4525

Your file

Votre référence

Our file

Notre référence

April 2, 2014

Confirmed Measles Cases in Surrounding Communities

The Ohsweken Public Health Office is advising members of the Six Nations Community to be aware that there have been confirmed cases of measles in the Hamilton and Halton areas.

The attached Measles Fact Sheet provides information on measles including; signs and symptoms, how it is spread and what to do if you suspect measles in yourself or family members.

Please note that people at risk are those that are not immune (not vaccinated or have not had the disease) or those that are vulnerable. Infants under one year of age, pregnant women and people with weakened immune systems are vulnerable and can get very ill with measles.

We are urging community members to check your immunization records to make sure you and your children have an up to date immunization history.

As per the Ontario Publicly Funded Immunization Schedule:

- Children 1-17 years of age should have 2 doses of measles vaccine (MMR or MMRV).
- Young adults (18-25 years), post-secondary students, persons who received killed measles vaccine (1967-1970), health care workers and those who plan to travel internationally are recommended to have 2 doses of measles vaccine (MMR).
- Adults born in 1970 or later should receive 1 dose of MMR vaccine.
- Anyone born prior to 1970 is assumed to have naturally acquired immunity.

If you have further questions, please contact one of the following:

- Ohsweken Public Health Office at 519-445-2672
(Monday - Friday, 8:30 a.m. - 4:30 p.m.)
- Ontario TeleHealth at 1-866-797-0000
(24 hours/day, 7 days/week)
- Your family doctor's office

Sincerely,

Debra Jonathan, R.N.
Nurse In Charge, Gane Yohs Health Centre

MEASLES FACT SHEET

What is measles?

Measles is a very contagious viral infection that spreads through the air when an infected person breathes, coughs or sneezes. Measles can result in complications such as pneumonia, ear infections, brain infections, other infections and infrequently, death can occur.

What are the signs and symptoms of measles?

Symptoms of measles include:

- Fever, cough and runny nose
- Red, irritated eyes and light sensitivity
- Small white, grey or blue spots in the mouth
- Red, blotchy rash, which is the last symptom to appear. The rash appears on the face and then spreads down over the body, and will begin to fade after about a week.

Symptoms can start anywhere from 7 to 21 days after a person has been exposed to the virus. Symptoms usually develop around 10 days after exposure and the rash usually develops 14 days after exposure.

How is it spread?

Measles is an airborne virus that spreads very easily. It is transmitted in tiny droplets when an infected person coughs, sneezes or breathes. It can survive in the air for up to two hours. Measles is contagious four days before the rash appears until four days after the onset of the rash.

What do you do if you are exposed to measles?

If you have been exposed and are not immune (through vaccination or previous infection), a vaccine can prevent measles from developing if given within 72 hours of exposure. Another medication may help up to 6 days after exposure, your family doctor needs to determine this.

If you develop symptoms:

- Stay home and don't allow others to visit until the ill person has completely recovered.
- Contact your healthcare provider by phone. Please note: If you need to visit a healthcare provider, call first and tell them you have measles symptoms. Visit the healthcare provider at the end of the day unless this is not practical or possible for medical reasons. On arrival, immediately ask for a mask when you enter the office/clinic, and to be placed in a private room. If this is not possible, wait in your car until you are seen by the healthcare provider.
- If your healthcare provider suspects measles, they should notify the Public Health Unit in their area.

For More Information:

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