



ADVISORY

UPDATED - Measles Preparedness

Monday, March 11, 2024

All of this information can also be found online: <https://www.peterboroughpublichealth.ca/your-health/measles/>

Situation:

- Locally we are preparing for a measles case following March Break due to gatherings and travel
- PPH is sending out information to parents and educators to urge those with children or those who work with children to review their vaccine status and receive the measles vaccine if they have not already. **This may involve recommendations to reach out to their primary care providers to book appointments to either review immunization records, if they do not have their records or receive the vaccine. We appreciate your support in this.**
- The following guidance is intended to support healthcare providers with preventing or managing a measles case

Immunization

Everyone in Ontario is eligible for 2 doses of publicly funded measles (via MMR or MMRV) vaccine, however, the recommendations are below and [online](#). A complete series for children requires 2 doses:

- **>1 year of age:** 1st dose of MMR (measles, mumps, rubella)
- **4-6 years of age:** 2nd dose of MMRV, given in combination with varicella)
- **25 years of age and younger:** 2 lifetime doses of MMR are recommended
- **26 years of age and older:** 1 lifetime dose of MMR is recommended unless high risk criteria** are met and then two doses are recommended.
 - ****High Risk criteria includes:** Health care workers, post-secondary students, planning to travel where disease is of concern and/or based on health care provider's clinical judgement.

The MMR vaccine is very safe and effective, efficacy with 1 dose is 93% and 2 doses is 97%. It is a live vaccine so consider contraindications when immunizing your patients. For patients planning to travel it is also important to note that the vaccine takes 2-3 weeks to reach full effect.

Reporting a Case

Immediately report all suspect or confirmed cases of measles infection to PPH at (705) 743-1000; outside of business hours on-call staff are available at 705-760-8127.

Clinical Signs and Symptoms

Clinically compatible [signs and symptoms](#) are characterized by:

- fever
- cough, coryza or conjunctivitis
- generalized maculopapular rash

Most people exposed to measles become symptomatic after 10-14 days. Incubation period ranges from seven to 21 days. Cases are infectious from one day before the start of the prodromal period, which is usually about four days before rash onset, to four days after onset of rash. Exclusion for measles exposure begins five days after first exposure due to the possibility of transmission before symptoms begin.

Infection Prevention and Control (IPAC)

Airborne precautions are used in addition to Routine Practices for patients known or suspected of having measles. (Additional personal protective equipment (PPE) such as gloves and gowns may be added as required based on risk assessment as per Routine Practices.)

For detailed information related to laboratory testing and infection prevention and control practices please review this updated measles resource from Public Health Ontario [Measles: Information for Health Care Providers](#).

Post-Exposure Prophylaxis

- [Canadian Immunization Guide – Measles Vaccine \(National Advisory Committee on Immunizations \(NACI\)\)](#)
- [Canadian Communicable Disease Report: Updated NACI recommendation for measles post-exposure prophylaxis \(Public Health Agency of Canada\)](#)

Other Helpful Resources

- [Guidelines for the Prevention and Control of Measles in Canada \(Public Health Agency of Canada\)](#)
- [Publicly Funded Immunization Schedules for Ontario June 2022](#)
- [Canadian Immunization Guide – Measles Vaccine \(National Advisory Committee on Immunizations \(NACI\)\)](#)