

# Increasing risk of measles in Saskatchewan

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 vaccination. Two doses of a measles-containing vaccine is 97 per cent effective at preventing the disease. If not up to date on their vaccinations, anyone can spread and catch measles. Please check that everyone in your household is fully vaccinated for measles.

## For children:

- 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.
- If you do not know if your child received the measles vaccine or if they have had both doses, check their vaccination history on the [MySaskHealthRecord website](#) or app.
- For children under 14, learn how to access your child's information on the [eHealth website](#). Children 14 and over must register for their own account – the guide to help your register is also on the eHealth website.
- If you do not see their full vaccination history on MySaskHealthRecord, contact the [Public Health office](#) where your child received their immunizations. To book an appointment for your child to be fully vaccinated, connect with the closest Public Health office.

## For adults:

- Adults' eligibility for publicly-funded measles vaccinations depends on [their date of birth](#):
  - Born 1970 and onwards – two doses
  - Born 1957 to 1969 – if travelling outside of Canada, one dose
  - Born before 1957 - no vaccination is required



## Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

