

Get vaccinated against measles!

Protect your children, family and loved ones

What is measles?

- Measles is a **very contagious** disease that can be serious. It can't be treated.
- Measles **spreads quickly when you talk, cough or sneeze**. A person who is sick can pass on the virus very easily to **unvaccinated people around him or her**.
- Individuals who can develop **complications** include
 - children under 12 months old (1 year);
 - pregnant women who aren't vaccinated;
 - people with weak immune systems.
- **Symptoms of measles** are: fever, rash, cough, runny nose and red eyes.
- Measles can cause **lung and brain infections, and sometimes death**.
- **Vaccination is the best protection against this virus**.

Measles vaccine

- **The vaccine is free** for people who live in Montréal. They don't need to have a health insurance card (RAMQ).
- **The vaccine is effective**. After 2 doses, protection is about 95%. This reduces the risks of transmission.
- **The vaccine is safe**. Children can have a fever, which can be relieved with the usual medications.

The measles vaccine does not cause autism.

Children under 12 months old (1 year) and pregnant women cannot get vaccinated. They can be protected when family and friends get vaccinated.

Unvaccinated women who are breastfeeding can get vaccinated

Am I protected against measles?

(Refers to age in 2024)

I'm under 45 years old

- I got 2 doses of vaccine after 12 months of age (1 year)

I'm protected

I'm 45 to 54 years old

- I've had measles and have proof (medical certificate or blood test)
OR
- I've received 1 dose of vaccine (as long as not travelling, working or doing a health or military internship)
OR
- I've gotten 2 doses of vaccine

I'm protected

I'm over 54 years old

I'm protected

You or your child got the 1st dose of vaccine at 9 months of age in another country.

The vaccine is **not as effective** if it was received before **12-months of age (1 year)**.

It is recommended to get a 3rd dose.

I'm not vaccinated but I was told that I had measles when I was a baby.

It's easy to make a **mistake** because several illnesses cause rashes.

It is recommended to get vaccinated.

Recommendations

Step 1:

- [Check your vaccination booklets](#) to check if you and your child are protected.
- Or call 1 877 644-4545 (Government of Québec)

Step 2:

- If you or your child need to get 1 dose of vaccine, make an appointment:
 - go to clicsante.ca
 - OR call Info-Santé (811) or 1-877-644-4545

If you have any questions about vaccination:

- talk to your doctor;
- contact your CLSC
- go to the [MIIKOVAC](https://miikovac.ca) website to make an appointment with vaccination counsellor.

WHAT TO DO IF YOU HAVE SYMPTOMS OF MEASLES

If you or your child has symptoms of measles, stay home and call Info-Santé (811).