



ENVIRONMENT AND CLIMATE CHANGE TEAM

EMERGENCY PREPAREDNESS



PROTECTING YOURSELF FROM MEASLES

Measles outbreaks are occurring across Alberta, making it essential for our communities and families to take steps to protect themselves. The best way to prevent the disease is to get vaccinated against measles.

Disclaimer: *The Otipemisiwak Métis Government is not a healthcare provider and cannot diagnose or treat medical conditions. Individuals should contact their healthcare provider for guidance or to discuss concerns.*

Who should be concerned about measles?

People who haven't received the measles vaccine or who belong to one or more of the following groups are likeliest to contract measles. As measles is highly contagious, the most effective way to prevent it is to get vaccinated.

If you or a loved one is a part of one or more of the following groups, consider reducing your exposure risk by avoiding outbreak areas and large gatherings. This can help protect those who are most vulnerable to the virus.

- ∞ Babies and children younger than five
- ∞ Pregnant people
- ∞ People with a weakened immune system
- ∞ Unvaccinated people

Please note: You can call the **Measles Hotline at 1-844-944-3434** to inquire about your immunization records, discuss symptoms, or schedule an immunization appointment. Measles is a reportable disease in Alberta. If you're experiencing symptoms, help prevent the spread by calling Health Link at 811 before visiting a doctor, clinic, or hospital. **If it's an emergency, call 911.**

If you have any questions,
please contact
wildfires@metis.org



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How does measles spread?

Measles is one of the most contagious diseases in the world. It spreads through the air when an infected person coughs, sneezes, or talks. The virus can linger in the air and on surfaces for up to two hours, meaning you can catch measles just by being in the same room as someone who is infected—even after they have left.



Scan to visit
Alberta Health
Services' Measles
Information
Sheet

For more information about measles, visit Alberta Health Services' Measles Information Sheet at myhealth.alberta.ca/Topic/Immunization/Documents/measles-faq.pdf

What are the symptoms of measles?

Measles symptoms include:

- ∞ Fever
- ∞ Cough
- ∞ Runny nose
- ∞ Red eyes
- ∞ Patchy, red rash that develops 3 to 7 days after the onset of fever. In people with darker skin tones, the measles rash may look purplish or darker than the surrounding skin. It usually starts behind the ears and on the face, then spreads to the body, arms, and legs.

In addition to these symptoms, measles can cause several complications. Measles often causes ear and lung infections, and less commonly, it can cause the brain to swell, resulting in blindness, seizures, or brain damage.

Rarely, a measles infection may result in death or subacute sclerosing panencephalitis (SSPE), a fatal condition that appears 7 to 10 years after an initial infection.



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The measles vaccine is a safe and proven way to prevent infection and serious illness. One dose is 85–95% effective in preventing measles, and two doses are nearly 100% effective. It's been used safely for many years.

Visit Alberta Health Services' Measles, mumps, rubella (MMR) vaccine webpage to learn more about how it works, its safety, and possible side effects at myhealth.alberta.ca/topic/immunization/pages/mmr-vaccine.aspx?tab=2



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How can I help others stay safe?

Getting the measles vaccine is the most effective way to protect yourself and your loved ones from measles. You can also help keep your community healthy by combating misinformation.

Misinformation about vaccines can spread quickly, especially when influencers promote conspiracy theories or unreliable sources, and it extends beyond social media. When you encounter misinformation in your community or during conversations with family or friends, speak up.

By sharing accurate information and supporting each other in making informed health choices, we can protect our communities and help build a healthier future for all.

Learn more about vaccination at

canada.ca/en/public-health/services/vaccination-children.html



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