



## **MEMO: MEASLES NOTIFICATION**

**Effective Date: March 27, 2025**

**RE: Lambton Public Health notifying the community of potential measles exposure**

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Measles is a highly contagious, but vaccine-preventable virus that lives in the nose and throat of an infected person. It spreads very easily when infected people breathe, talk, cough, or sneeze. The measles virus can stay in the air and live on surfaces for up to two (2) hours and can cause serious illness, especially for at risk populations, including infants, pregnant people, and the immunocompromised. Complications can include ear infections, diarrhea, hearing loss, pneumonia, brain swelling (encephalitis), seizures, and in rare cases, death. There is no treatment for measles other than supportive care.

**The best protection against measles is a full measles vaccine series for anyone born after 1970.**

[Check or update your immunization record](#) to make sure you and your family are up to date with vaccinations.

Anyone who may have been **exposed** ([Measles: What you need to know - Lambton Public Health](#) – (GO TO MEASLES EXPOSURES FOR HOSPITAL AND OTHER COMMUNITY SITES OF EXPOSURES) and follow these steps:

**(1) Contact LPH at 519-383-8331 if you fall into one of the following categories.**

- People with a severely weakened immune system.
- Pregnant individuals who are not protected against measles; and
- Anyone (child or adult) born in or after 1970 who is unvaccinated or has only received one dose of measles vaccine.

**(2) Self-monitor for Symptoms** – If you think you have been exposed to measles but don't fit into one of the categories above.

### **What Can You Do?**

#### **Self-monitor for Symptoms**

If you think you have been exposed to measles, use the online [Measles Exposure Self-Assessment Tool](#).

If you think you have been around someone with measles or are showing symptoms, self-isolate at home to avoid spreading measles and call your health care provider right away to let them know. If you do not have a health care provider, or they are not available, call us at 519-383-8331 for advice.

If you are experiencing severe symptoms, it is important to call ahead to let any health care setting (doctor's office, emergency department, walk-in clinic) know about your symptoms **before you visit** so they can take the appropriate precautions to protect you and others.

#### **Check Your Immunity**

Many people are protected from measles through vaccination. The **Measles-Mumps-Rubella (MMR) vaccine** or the **Measles-Mumps-Rubella-Varicella (MMRV) vaccine** are given as part of routine childhood immunization. The routine MMR Vaccine Schedule is:

- **First Dose:** Given at 12 – 15 months of age
- **Second Dose:** Given at 4 – 6 years of age, but no later than school entry.

Two doses of measles-containing vaccine provide lifelong immunity for most people, and those born before 1970 are considered immune. If you're unsure about your immunity, check your immunization status by:

- **Contacting your health care provider:** They can review your records and confirm which vaccines you have received
- **Checking online:** If you live in Lambton County, you can view your immunization records through the ICON (Immunization Connect Ontario) portal at <https://lph.icon.ehealthontario.ca/#!/welcome>
  - **Note:** To use ICON you will need an Ontario Health Card number or an Ontario Immunization ID number. Only records reported to Lambton Public Health will be available in ICON.

## Get Vaccinated

If you or your children require a measles-containing vaccine, call your health care provider to book an appointment. If you do not have a health care provider, or they are not available, call our Vaccine Call Centre at 226-254-8222 to book an appointment with LPH.

To learn more about immunizations in Lambton County, visit <https://lambtonpublichealth.ca/immunization/>

If you have any questions please contact,

Gayle McDougall  
Infection Control Manager  
519-336-6551 extension 7175  
[gmcdougall@vision74.com](mailto:gmcdougall@vision74.com)

## Resources

- [Measles Exposures in Ontario – Public Health Ontario](#)
- [Measles – The Immunization Well-Child Toolkit – Ontario.ca](#)
- [Measles Vaccines: Canadian Immunization Guide – Health Canada](#)