

# Want more information on **MEASLES?**

Learn more about measles symptoms,  
immunizations, public exposure alerts by visiting  
[saskhealthauthority.ca/measles](https://saskhealthauthority.ca/measles).



The best way to protect yourself  
from measles is through vaccination.



Scan the QR code to  
visit the SHA website

## *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.



[saskhealthauthority.ca](https://saskhealthauthority.ca)

# Measles (Red Measles, Rubeola)

## What is Measles?

- Measles is an infection caused by a virus.
- Measles tends to be more severe in adults and very young children. It can affect all ages.

## How is measles spread?

- Measles is highly contagious.
- It is spread easily between people through the air.
- It passes from an infected person to others through coughing, sneezing and even talking.
- The virus remains in the air for up to 2 hours after a person with measles has left the room.
- **People can spread the virus to others from 1 or 2 days before they have any symptoms until 4 days after the rash appears.**
- Following measles immunization, a rash can occur in 4-12 days. This rash is not contagious.

## What signs and symptoms can you have?

- Children with measles usually have a high fever, cough, runny nose, and red eyes. After a few days a rash appears.
- The rash starts on the face as a few red spots. The rash worsens quickly and spreads to cover the body. The rash may last up to 7 days.
- Rarely, people who have been immunized against measles can still get it but should have milder symptoms.

## What are the complications of measles?

- Measles can be very serious. It can cause ear infections, pneumonia, brain infections or death.
- Due to immunization, cases of measles are now rare, but cases and outbreaks still occur.
- It is more serious in very young children and adults.
- It is important for anyone who thinks they may have measles to have tests done to confirm the diagnosis. **Individuals should call ahead to let their health care provider know they are coming and that they suspect measles.**

## How is measles diagnosed?

- Measles is diagnosed through a blood test and can be confirmed through a urine specimen or a throat swab.

## How do you treat measles?

- There is no specific treatment.
- Supportive measures to relieve symptoms - fever can be treated with acetaminophen (e.g. TempraTM, TylenolTM).

Acetaminophen (Tylenol®, Tempra®) can be given for fever or soreness. ASA (Aspirin®) should NOT be given to anyone under 20 years of age due to the risk of Reye's syndrome.

## How can you prevent the spread of measles?

- The single most important way to prevent measles is to be immunized with the measles vaccine.
- Immunization for measles is offered routinely in 2 doses. They are usually given at 12 months and 18 months of age.
- If you think you have been exposed to measles, see a doctor. **Call ahead so they can prepare to see you without exposing others.**
- If measles occurs in a school or daycare, children who are not immunized must be kept at home until they are immunized or until 21 days after the last case of measles.
- Infants and other unimmunized people that have been exposed to measles may be able to receive some protection through immunization. Healthcare providers should discuss this with the Medical Health Officer.
- Someone with measles must not go to school, daycare or out in public until at least 4 days after the rash begins.

## Quick Facts

- Measles is highly contagious.
- Measles can be very serious.
- Immunization has made measles a rare disease.
- Anyone who thinks they may have measles should speak to their health care provider or call HealthLine at 811. Please call ahead to let them know measles is suspected.

**For more information contact your local public health office, your physician, nurse practitioner OR HealthLine at 811.**

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