

March 27, 2024

Dear Parents and Guardians,

The Public Health Agency of Canada and Public Health New Brunswick are monitoring the recent increase in measles infections happening in Canada and internationally. Multiple countries are currently affected by measles cases and outbreaks, and so far this year there have been over 40 cases in Canada.

Measles is one of the most contagious infections we know and can be very serious , but fortunately vaccine preventable. It can spread from an infected person to others through coughing and sneezing.

Given the situation we advise you to do the following:

1 - Please check your Measles, Mumps Rubella (MMR) vaccine status and/or the vaccine status of your children with your health care provider, [MyHealthNB](#) account, or [local public health office](#). The best protection against measles is vaccination.

- Infants and young children are currently offered 2 doses of a combined measles, mumps, rubella and varicella (MMRV) vaccine at 12 and 18 months of age, as part of their [routine immunization schedule](#).
- **NEW:** Infants 6-11 months of age should receive a dose of measles-containing vaccine if travelling outside of Canada.
- **Adults born in 1970 or later** who have not previously had doses of MMR (at 12 months or later) are eligible to receive two doses of MMR vaccine; or one dose if they already had a dose in childhood.
- **Adults born before 1970** are likely immune from past exposure to measles. However, if planning to travel outside of Canada, they should consider contacting a local pharmacy or travel clinic to see if a dose of MMR is available to purchase before the trip.

2. Please watch for typical symptoms of measles: fever, red watery eyes, runny nose, and cough followed by a red rash that starts on the face and then moves to the rest of the body.

Call 811, or eVisitNB and follow their instructions for testing or care, if you or your child(ren) develop symptoms of measles. Do not go to a healthcare facility or office without calling ahead first.

Individuals who have symptoms of measles should be excluded from work, school or childcare until a health care provider has ruled out measles.

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Thank you for your ongoing efforts to keep New Brunswick healthy. Further information is available at: [Measles \(gnb.ca\)](https://www.gnb.ca).

Sincerely,

A handwritten signature in blue ink, consisting of stylized initials 'AR' followed by a long horizontal flourish.

Dr. Arifur Rahman, Acting Deputy
Chief Medical Officer of Health