

## Public Health Alert

August 24, 2018

**If you were at the Moody Park Outdoor Pool on August 19, 2018 between 1:30 pm to 4:30 pm you may have been exposed to a case of measles.**

### **What Is Measles?**

Measles (red measles) is a severe illness caused by the measles virus. Measles spreads easily through the air when an infected person breathes, coughs, or sneezes. The measles virus can survive in small droplets in the air for several hours. The airborne spread of measles virus makes the disease very contagious.

Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes (often sensitive to light), typically starting 7 – 14 days after exposure. These are followed 3-7 days later by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs, and lasts at least 3 days. You may also notice spots inside your mouth that look like small grains of sand on a red base.

### **Who Is Considered Protected Against Measles?**

You are considered protected against measles if you were:

- Born before 1970 (1957 for health care workers) and have a history of measles infection
- Born after 1970 (1957 for health care workers) and have had 2 doses of measles-containing vaccine

If you are not protected, please be alert for signs and symptoms of measles up to and including September 9, 2018.

### **What Should I Do If I Develop Measles Symptoms?**

- stay at home and keep away from others who may not be protected
- contact Public Health Monday – Friday between 8:30am and 4:30pm at 604-507-5471, on the weekend or in the evening please call a health care provider or call 811.
- if you need to visit a clinic, please call ahead so that you can be seen quickly and without infecting other people, since this infection can spread to unprotected people quickly in places like waiting rooms and emergency rooms
- have your immunization records ready, a blood test and throat swab or urine sample may be necessary to confirm measles

A measles HealthLinkBC file is available online at: <http://www.healthlinkbc.ca/healthfiles/hfile14b.stm>