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Information
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première ligne

Measles: protect yourself before traveling

Cases of measles have recently been reported in various regions of Canada. In summer, with increased travel, camps, and gatherings, the risk of exposure is higher. Measles is a highly contagious, airborne disease that can make even healthy people very sick. Symptoms include high fever, cough, red spots on the skin, muscle aches, and extreme fatigue.

Some people may experience serious complications such as pneumonia, seizures, or encephalitis. The best way to protect yourself and your loved ones is to receive the MMR (measles, mumps, rubella) vaccine. This vaccine is safe, well-tolerated, and available free of charge in Canada as part of the recommended immunization schedule.



Vaccination recommendations depend on your birth year and travel plans:

- Born in 1970 or later: Two doses of the MMR vaccine are suggested.
- Born before 1970 (and/or travelling): One dose of the MMR vaccine is suggested.

For more
information,
[click here](#)

We encourage you to check your vaccination status, especially if you were born after 1970, are planning to travel, or have children or teenagers at home.