



You have been given this information sheet because you have come in contact with someone who has measles. Measles is highly contagious and is spread through the air.

**You are generally not considered at risk for infection because you are immune (protected against measles).**

### What should I do now?

- **Monitor for symptoms** of measles daily for 21 days since last contact. Monitoring is important because measles can spread to others 4 days before a rash appears and up to 4 days after the rash appears.

### What are the symptoms of measles?

Images provided by SHA [Communications Department] via AdobeStock.



#### FEVER

[temperature of  
38.3°C or higher]



#### ANY of the following:

- red eyes
- runny nose
- cough



#### RASH

[usually starts on face and  
spreads over the rest of  
the body about 3 to 7 days  
after symptoms begin and  
can last 4 to 7 days]

### What should I do if I have symptoms of measles?

- **Call HealthLine 811** for instructions.
- **Stay home.** Do not go out in public or to school/work/childcare. You should not have visitors to your home.
- If medical attention is necessary, **CALL AHEAD** before presenting to your doctor's office, urgent care, or emergency department so arrangements can be made for you to be seen in a way that reduces the chance of exposing other individuals to measles.
- **If you call 911** tell them that you have measles symptoms and have been exposed.

Learn more about measles by visiting the SHA website using the  
QR Code or visit [saskhealthauthority.ca/measles](https://saskhealthauthority.ca/measles).

