

Measles Fact Sheet



Auduzhe Mino Nesewinong
Indigenous Interprofessional Primary Care Clinic
416-654-4184 / auduzhe.org

Basic information

Since October 2024, Ontario has identified **2,009** measles cases as of June 1, 2025
Typically, Ontario has zero to twenty-two cases a year.

This is by far the largest measles outbreak we have seen in almost 30 years.
... and many cases have been in people who are not vaccinated for measles.

Overview

- Measles is a highly contagious virus that spreads through the air when an infected person breathes, coughs, sneezes, or talks
 - The measles virus can stay in the air or on surfaces for up to two hours
 - People can become infected if they breathe contaminated air or touch an infected surface, then touch their eyes, nose or mouth
 - Someone who has measles can spread it to others four days before the rash appears to four days after the rash appears
-

Signs & Symptoms

- Usually begins with a fever, cough, runny nose and red watery eyes, followed by a red blotchy rash that starts on the face and spreads to the body and limbs
 - Small blue-white spots (Koplik spots) can appear inside the mouth and throat
 - The virus can lead to pneumonia, inflammation of the brain, hearing loss, blindness, seizures, and death
-

Prevention is key

- The measles vaccine is a safe and effective way to help stop the spread of measles
- You are considered protected from measles if you got two doses of the measles vaccine after your first birthday
- Those born before 1970 may have had measles because it was more common at this time
- Those born in 1970 or later need 2 doses of measles vaccine for protection if they did not have measles
- If you are unsure about vaccination status, you can get safely vaccinated with at least one dose of the MMR vaccine
- A blood test can be done to find out if you are immune

If you think you have measles

- Isolate immediately by staying home and avoiding contact with others
- Call before visiting a clinic or hospital so they can prepare for your arrival and prevent virus spread
- Wear a well-fitting, medical grade mask (e.g. surgical mask, N95) when getting medical assessment
- Measles is diagnosed with laboratory tests including a blood, urine and nose or throat test
- Your health care provider will assess you for measles and test you if they think you have been infected
- There is no specific treatment, most people can recover at home

If you have any questions or concerns do not hesitate to reach out to Auduzhe Mino Nesewinong by phone (416-654-4184) and ask to speak to a Registered Nurse.