

Get vaccinated against measles!

Protect your children, family and loved ones

What is measles?

- Measles is a **very contagious** disease that can be serious. It can't be treated.
- Measles **spreads quickly when you talk, cough or sneeze**. A person who is sick can pass on the virus very easily to **unvaccinated people around him or her**.
- Individuals who can develop **complications** include
 - children under 12 months old (1 year);
 - pregnant people who aren't vaccinated;
 - people with weak immune systems.
- **Symptoms of measles** are: fever, rash, cough, runny nose and red eyes.
- Measles can cause **lung and brain infections, and sometimes death**.
- **Vaccination is the best protection against this virus**.

Measles vaccine

- **The vaccine is free** for people who live in Montréal. They don't need to have a health insurance card (RAMQ).
- **The vaccine is effective**. After 2 doses, protection is about 95%. This reduces the risks of transmission.
- **The vaccine is safe**. For more information, visit the Measles, mumps and rubella vaccine (MMR) [page on Quebec.ca](#)

The measles vaccine does not cause autism.

Children under 12 months old (1 year) and pregnant people cannot get vaccinated. They can be protected when family and friends get vaccinated.

Unvaccinated people who are breastfeeding can get vaccinated

Am I protected against measles?

I was born in 1980 or later

- I got 2 doses of vaccine after 12 months of age (1 year)

I'm protected

I was born between 1970 and 1979

- I've had measles and have proof (medical certificate or blood test)
OR
- I've received 1 dose of vaccine (as long as not travelling, working or doing a health or military internship)
OR
- I've gotten 2 doses of vaccine

I'm protected

I was born before 1970

I'm protected



You or your child got the 1st dose of vaccine before the age of 12 months in another country.

The vaccine is **not as effective** if it was received before 12 months of age (1 year).

It is recommended to get a 3rd dose.

I'm not vaccinated but I was told that I had measles when I was a baby.

It's easy to make a **mistake** because several illnesses cause rashes.

It is recommended to get vaccinated.

Recommandations

Step 1:

- Check your vaccination booklets to see if you and your child are protected.
- Or call 1 877 644-4545 (Government of Québec)

Step 2:

- If you or your child need to get 1 dose of vaccine, make an appointment:
 - go to clicsante.ca
- OR call Info-Santé (811) or 1-877-644-4545

If you have any questions about vaccination:

- talk to a healthcare professional
- contact your CLSC
- for more information, visit the Measles, mumps and rubella vaccine (MMR) page on Quebec.ca



WHAT TO DO IF YOU HAVE SYMPTOMS OF MEASLES

If you or your child has symptoms of measles, stay home and call Info-Santé (811).

