



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 may become infected because you are not immune (protected against measles).

What does this mean for me?

- Your care staff monitor you for symptoms of measles for 21 days.
- You are placed on precautions (isolation) starting 5 days after your first exposure to measles until 21 days after your last exposure.
- A sign is posted on the door to your room so staff and family/visitors know what personal protective equipment (PPE) they need to wear to enter your room.
- You are given a single room. The door must remain shut at all times.

What do I do if I am discharged home before 21 days?

- Stay home. Do not go out in public or to school/work until 21 days after your last exposure to measles, unless otherwise advised by Public Health. You should not have visitors to your home during this time. It is during this time that you may develop an infection.
- Continue to monitor yourself for symptoms of measles for 21 days. 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?

- fever (temperature of 38.3°C or higher)
- cough
- runny nose
- red eyes
- rash that usually starts on the face and then spreads over the rest of the body (this will usually appear after the fever)

What should I do if I have symptoms of measles?

- Call ahead to your doctor's office so arrangements can be made to see your doctor in a way that reduces the chance of exposing other individuals to measles.
- Call the Public Health office in your area.

Scan the QR Code for [Communicable Disease - Office Contact Information \(CS-G-0151\)](https://www.saskhealthauthority.ca/system/files/2023-06/CS-G-0151-Communicable-Disease-Office-Information.pdf) →



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