



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 does this mean for me?**

- Your care staff will watch you for symptoms of measles for 21 days.
- If you develop symptoms during that time, you will be placed on precautions (isolation) and tested for measles.

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

- 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?**

- Stay home and do not go out in public or at school/work. You should not have visitors to your home.
- 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>

