



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 should I do now?

- **Stay home.** Do not go out in public or to school/work /childcare 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.
- **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.
- 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).

