

## Did your child receive the MMR vaccine?

**Measles cases are being reported in many places internationally, in Canada and in B.C.** We would like to remind you to check your child's vaccination records before travelling during Spring Break to ensure they are protected.

**Measles is a serious illness caused by the measles virus. It is very contagious.** It can spread easily through air.

Symptoms of measles include fever, cough, runny nose, and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts on the face and neck and spreads to the chest, arms and legs.

**Measles can cause complications** like inflammation of the brain (encephalitis), which can lead to seizures, deafness or brain damage. Other complications can include ear infection, diarrhea, pneumonia and death. This is why protection by vaccination is so important.

Getting your child vaccinated on schedule is the best way to protect them from this preventable infection. **The MMR vaccine is recommended for all children and is provided free in B.C.**

In B.C., measles vaccine is given as a series of 2 doses.

- First dose is given as the measles, mumps and rubella (MMR) vaccine on a child's first birthday.
- Second dose is given around the time of starting school (at 4 to 6 years) as the measles, mumps, rubella and varicella (MMRV) vaccine.

**All school-age children and teens who have not been vaccinated should get 2 doses.**

### If you plan on travelling internationally:

- Babies between 6 months and 1 year should get vaccinated against measles before travelling internationally. This dose is not included in the routine two doses but will add to protection against measles while travelling.
- Children between 1 and 4 years can also get their second dose early if they are travelling internationally before they are due at age 4.

### Make sure your child's immunization records are up-to-date

Check your child's immunization records by

- Scanning the QR code to Health Gateway
- Going online to [healthgateway.gov.bc.ca](https://healthgateway.gov.bc.ca)
- Using the Health Gateway app



\* Records for children under 12 years old are included on their parent's account.

If your child's online record shows their vaccines are not up-to-date but they did get vaccines from a health care provider outside of public health, please:

- Contact the health care provider who immunized your child and ask for a copy of the immunization record.
- Report these immunizations to Public Health online by either scanning this QR code or going online to [fraserhealth.ca/immunizationform](https://fraserhealth.ca/immunizationform). This will prevent children from missing school in the event of a measles case.



**If your child has not yet had their vaccines, please make an appointment with a public health unit, family doctor or nurse practitioner.** Children 4 years or older, as well as adults, can also be vaccinated in pharmacies. Not all family doctors, nurse practitioners, or pharmacies offer vaccines, so make sure to call ahead and check.

To make an immunization appointment at a public health unit, call:

- 604-702-4906 (residents of Mission, Abbotsford, Chilliwack, Agassiz and Hope)
- 604-476-7087 (residents in all other areas of Fraser Health)

For more information, please contact your local public health unit or visit our website at: [fraserhealth.ca/immunizations](https://fraserhealth.ca/immunizations).