




Measles Prevention: What You Need to Know

Vaccination is the most effective way to prevent measles. Measles vaccines are tested and are effective at protecting your children and others from serious illness.

Having two doses of a measles-containing vaccine greatly reduces the risk of catching the disease. These two doses are nearly 100% effective and are recommended for children and teens.

<p>To book an appointment to update your child's immunization visit interiorhealth.ca or scan this QR code to find the closest Community Health Centre.</p>	<p>Book an Appt.</p> 	<p>If you are not sure if your child is fully protected against Measles, or other preventable diseases visit Health Gateway, or scan this QR code.</p>	<p>Check a Record</p> 
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Increased Measles Around the World

As you may have seen in the news, there is an increase in the number of measles cases being reported around the world, including in Canada and in B.C.

We would like to remind you to [check your child's vaccination records](#) before travelling during Spring Break and to ensure they are protected.

If you are planning to travel internationally:

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

If your child has not yet had their vaccines, please make an appointment with your local public health unit. Children 4 years or older, as well as adults, can also be vaccinated at community pharmacies.

Measles is a serious illness caused by the measles virus. It is very contagious.

- It can spread easily through air.
- 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.

If you have immunization records for your child that are not recorded in their Health Gateway profile, you can submit those records online by sending them to immunizationrecord.gov.bc.ca

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Interior Health would like to recognize and acknowledge the traditional, ancestral, and unceded territories of the Dākelh Dené, Ktunaxa, Nlaka'pamux, Secwépemc, St'át'imc, syilx, and Tšilhqot'in Nations where we live, learn, collaborate and work together.