

Date: November 7, 2018

Dear: Parent/Guardian/Staff

Public Health wants to inform you that students and staff may have been exposed to a case of measles at Fleetwood Park Secondary School from October 30 – November 2, 2018.

We are recommending that all students and staff review their MMR immunization status. Most people are protected from measles either by immunization, or by having measles infection in the past. If you are protected against measles, the chance of you becoming infected is very low.

#### **IMPORTANT NOTE:**

Students and staff (born on or after January 1, 1970) who have had **ZERO** doses of MMR will not be allowed to return to school until November 26<sup>th</sup> 2018 unless proof of immunity is obtained. If you have received immunizations that may not have been reported to Public Health please provide a record of these immunizations to the school by Friday November 9<sup>th</sup>, 2018.

Students and staff who have had 1 dose of MMR vaccine in the past should attend the **immunization clinic at the school for free MMR vaccine on Thursday November 8 or Friday November 9, 2018** between 9am and 3pm in order ensure their protection and to be able to continue attending school. If your child requires a dose of MMR vaccine please sign and date the consent form and return it to school.

Symptoms can start between 7 to 21 days after exposure. We recommend you watch for signs and symptoms of measles (fever, rash, red eyes, cough, runny nose) and alert Public Health immediately so steps can be taken to prevent infecting others.

#### **What should I do if I have symptoms?**

- **You should stay at home, do not come to school and keep away from others who may not be protected.**
- If you develop a fever or other symptoms that may be measles, contact Public Health at 604-507-5471 (Monday to Friday 8:30 am - 4:30 pm)
- If you need to visit a doctor's clinic, laboratory or hospital, please **call ahead** so that you can be seen quickly and without infecting other people. Bring your immunization records with you.
- If the doctor thinks you may have measles, a blood test, nasal swab and /or urine sample may be necessary to confirm measles.

#### **Who is considered protected against measles?**

- Individuals with 2 documented doses of a measles-containing vaccine after 1 year of age (MMR is the vaccine that protects against measles, mumps and rubella). Two doses of MMR are recommended and available free for all individuals born on or *after* January 1, 1970 (January 1, 1957 for health care workers).
- Individuals born *before* January 1, 1970 (January 1, 1957 for health care workers) are considered protected due to natural disease. However, individuals who were born between 1957 and 1970 who have only had one dose of MMR vaccine in the past are eligible to receive a second dose.
- Individuals born on or after January 1, 1970 who have laboratory evidence of prior measles disease.

Information about the signs and symptoms of measles and how it is spread can be found on the attached healthfile or at:  
<http://www.healthlinkbc.ca/healthfiles/pdf/hfile14b.pdf>

Information about MMR vaccine, can be found on the attached healthfile or at:  
<http://www.healthlinkbc.ca/healthfiles/pdf/hfile14a.pdf>

**If you have any questions, please contact the Guildford Health Unit at 604-587-4750 (9:00am – 4:00pm)**

**Or**

**Contact Health Link BC toll-free at 811.**

LAST NAME		FIRST NAME		SCHOOL	DIV / TEACHER
GENDER <input type="checkbox"/> M <input type="checkbox"/> F	BIRTHDATE (YYYY / MM / DD)	PERSONAL HEALTH NUMBER (PHN)		NAME OF PARENT / GUARDIAN / REPRESENTATIVE	RELATIONSHIP TO CHILD
HOME PHONE		CELL PHONE		<b>ALERT</b>	HAS YOUR CHILD EVER HAD A SERIOUS OR LIFE-THREATENING ALLERGIC REACTION? <input type="checkbox"/> NO <input type="checkbox"/> YES (TO WHAT?):
ALTERNATE PHONE(S)					IS YOUR CHILD'S IMMUNE SYSTEM AFFECTED BY A SEVERE DISEASE OR MEDICATION? <input type="checkbox"/> NO <input type="checkbox"/> YES

**PARENT / GUARDIAN / REPRESENTATIVE – For the vaccine listed below, check Yes or No, sign and date.**

I understand the information in the HealthLinkBC File for the vaccines listed below. I understand the benefits and possible reactions for each vaccine and the risk of not getting immunized. I understand that in the rare occurrence of anaphylaxis, emergency treatment will be provided. I have had the opportunity to ask questions that were answered to my satisfaction. I understand this consent is valid for two years for the vaccine(s) listed below unless I cancel it.

**Mature Minor Consent:** Parents/guardians and representatives should make every effort to discuss the information in the HealthLinkBC File for the vaccines listed below with the child, and to involve the child as much as possible in the decision to provide consent to immunization. Although a child may be immunized with the consent of a parent/guardian or representative, a child is entitled to be informed about immunization and may provide consent to immunization if the person administering the vaccine(s) is sure that the child understands the benefits of, and possible reactions to, each vaccine, and the risk of not getting immunized.

PARENT / GUARDIAN / REPRESENTATIVE USE ONLY		PUBLIC HEALTH USE ONLY – CHILD'S IMMUNIZATION RECORD				
<b>Measles, Mumps, Rubella (MMR) Vaccine</b>						
Has your child had MMR vaccine? If yes give dates:  Dose # 1 _____ Dose # 2 _____			Date YYYY / MM / DD	SITE	LOT #	NURSE SIGNATURE
		1 DOSE		<input type="checkbox"/> LA <input type="checkbox"/> RA		
I want my child immunized: <input type="checkbox"/> Yes <input type="checkbox"/> No		NURSE'S NOTES				
Signature _____ Date (YYYY / MM / DD) _____						
<b>PUBLIC HEALTH USE ONLY – MATURE MINOR CONSENT</b>						
I want to be immunized for MMR vaccine: <input type="checkbox"/> Yes <input type="checkbox"/> No  Child Signature: _____		NURSE SIGNATURE			DATE (YYYY / MM / DD)	
					TIME  <input type="checkbox"/> AM <input type="checkbox"/> PM	
<b>PUBLIC HEALTH USE ONLY – TELEPHONE CONSENT</b>						
TELEPHONE CONSENT OBTAINED FROM	FOR MMR Vaccine  <input type="checkbox"/> YES <input type="checkbox"/> NO	PHONE NUMBER CALLED			DATE (YYYY / MM / DD)	
RELATIONSHIP TO CHILD		NURSE SIGNATURE			TIME  <input type="checkbox"/> AM <input type="checkbox"/> PM	

Personal information collected on this form will be used by the health authority to update the student's immunization record. The information will be used and disclosed in accordance with the *Freedom of Information and Protection of Privacy Act*. Summary statistical information may be reported to the Ministry of Health. If you have any questions about the collection and use of this personal information, contact your local public health nurse. You may be contacted to request your participation in the evaluation of this school immunization program.

## Measles, Mumps, Rubella (MMR) Vaccine

### Keep your child safe. Get all vaccines on time.

By getting all vaccines on time, your child can be protected from many diseases over a lifetime.

Immunization has saved more lives in Canada in the last 50 years than any other health measure.

### What is the MMR vaccine?

The MMR vaccine protects against measles, mumps, and rubella. The vaccine contains weakened forms of the measles, mumps and rubella viruses that do not cause disease. The vaccine is approved by Health Canada.

The MMR vaccine is provided free as part of your child's routine immunizations. Call your health care provider to make an appointment.

### Who should get the MMR vaccine?

The MMR vaccine is given to children as a series of 2 doses. The first dose is given at 12 months of age and the second dose at 4 to 6 years of age. For children who also need protection against chickenpox (varicella), the 2nd dose of vaccine can be given as the combined measles, mumps, rubella and varicella (MMRV) vaccine. For more information about the MMRV vaccine, see [HealthLinkBC File #14e Measles, Mumps, Rubella, and Varicella \(MMRV\) Vaccine](#).

The vaccine is given at the same time as other childhood immunizations.

MMR Vaccine	Child's Age at Immunization
1 <sup>st</sup> dose	12 months
2 <sup>nd</sup> dose	4 to 6 years

The MMR vaccine is also provided free of charge to the following people:

- Infants aged 6 to 11 months who will be travelling to countries where there is measles disease, or are known to have been in contact with someone with measles. (these children will also need 2 more doses of the vaccine, at 12 months and 4 to 6 years of age)

- Women of child-bearing age who are not immune to rubella
- Older children and adults who have not been immunized or do not have evidence of immunity to measles, mumps and rubella

It is recommended that people born in 1970 or later (1957 for health care workers) get 2 doses of the vaccine. This is especially important for travellers.

It is important to keep a record of all immunizations received.

### What are the benefits of the MMR vaccine?

The MMR vaccine is the best way to protect against measles, mumps, and rubella, which are serious and sometimes fatal diseases.

When you get immunized, you help protect others as well.

### What are the possible reactions after the vaccine?

Vaccines are very safe. It is much safer to get the vaccine than to get measles, mumps or rubella.

Common reactions to the vaccine may include soreness, redness and swelling where the vaccine was given. A mild fever, a rash that looks like measles and swelling of glands in the cheeks or neck can occur about 7 to 12 days after getting the vaccine. Temporary joint pain may occur in teenage and adult women.

Acetaminophen (e.g. Tylenol®) or ibuprofen\* (e.g. Advil®) can be given for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

\*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

For more information on Reye Syndrome, see [HealthLinkBC File #84 Reye Syndrome](#).

Rarely, more serious reactions can include seizures caused by fever (about 1 child in 3,000), a temporary

drop in the blood cells that help prevent bleeding (about 1 person in 30,000), and encephalitis, an inflammation of the brain (about 1 person in 1 million). The possibility of getting encephalitis from measles is about 1 in 1,000 which is much higher than from the vaccine.

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is an extremely rare possibility, less than 1 in a million, of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue, or lips. Should this reaction occur, your health care provider is prepared to treat it. Emergency treatment includes administration of epinephrine (adrenaline) and transfer by ambulance to the nearest emergency department. If symptoms develop after you leave the clinic, call **9-1-1** or the local emergency number.

It is important to always report serious or unexpected reactions to your health care provider.

### Who should not get the MMR vaccine?

Speak with your health care provider if you or your child:

- Have had a life-threatening reaction to a previous dose of measles, mumps, or rubella vaccine, or any component of the vaccine including gelatin or neomycin
- Have an immune system weakened by disease or medical treatment
- Have had a drop in platelets, the blood cells that help prevent bleeding, after getting a previous dose of MMR vaccine without another cause being identified
- Have had a blood transfusion or received other blood products within the past 12 months
- Are pregnant or planning to become pregnant. Women should avoid becoming pregnant for 1 month after getting the MMR vaccine

There is no need to delay getting immunized because of a cold or other mild illness. However, if you have concerns speak with your health care provider.

### What are measles, mumps, and rubella?

Measles, mumps, and rubella are diseases caused by viruses. The viruses are easily spread through the air when an infected person coughs or sneezes. You can become infected when you breathe in air or touch a surface contaminated with virus. The viruses can also be spread through contact with an infected person's saliva such as by sharing food, drinks or cigarettes or by kissing.

**Measles**, also known as red measles, causes fever, rash, cold-like symptoms and red, inflamed eyes that can be sensitive to light. It can lead to infections of the ear or

lungs (pneumonia). More serious complications, occurring in 1 person in 1,000, include encephalitis, an inflammation of the brain. This can lead to seizures, deafness or permanent brain damage. About one person in 3,000 with measles can die from complications.

**Mumps** causes fever, headaches, and swelling of the salivary glands and cheeks. More serious complications include encephalitis. About 1 in 20 people with mumps get mumps meningitis, an infection of the lining of the brain. Mumps can also cause temporary deafness. Permanent deafness occurs in less than 1 in 20,000 people with mumps. About 1 in 4 adult men and teenage boys develop painful swelling of the testicles.

**Rubella**, also known as German measles, can cause serious complications and birth defects in an unborn baby including deafness, eye problems, heart defects, liver damage, and brain damage. This is called Congenital Rubella Syndrome. It occurs in about 9 out of 10 babies born to women who become infected with the virus in the first 3 months of their pregnancy. Rubella can also cause miscarriage or stillbirth.

These diseases are now rare in B.C. because of routine childhood immunization programs.

### Mature Minor Consent

It is recommended that parents or guardians and their children discuss consent for immunization. Children under the age of 19, who are able to understand the benefits and possible reactions for each vaccine and the risk of not getting immunized, can legally consent to or refuse immunizations. For more information on mature minor consent see [HealthLinkBC File #119 The Infants Act, Mature Minor Consent and Immunization](#).

### For More Information

For more information on measles, mumps, rubella and varicella, see the following HealthLinkBC Files:

- [HealthLinkBC File #14b Measles](#)
- [HealthLinkBC File #14c Mumps](#)
- [HealthLinkBC File #14d Rubella](#)
- [HealthLinkBC File #44a Facts About Chickenpox](#)
- [HealthLinkBC File #44b Chickenpox \(Varicella\) Vaccine](#)

For more information on immunizations visit ImmunizeBC at [www.immunizebc.ca](http://www.immunizebc.ca).



ImmunizeBC



BC Centre for Disease Control  
An agency of the Provincial Health Services Authority

# Measles

## What is measles?

Measles, also known as red measles, is a severe illness caused by the measles virus.

Measles can cause encephalitis, an inflammation of the brain, which can lead to seizures, deafness, or brain damage. One person in every 3,000 with measles may die from complications. Complications and death are most common in infants less than 12 months of age and in adults.

Complications of measles can include:

- Ear infections (1 in 10 cases)
- Diarrhea (8 in 100 cases)
- Pneumonia (1 in 10 cases)
- Hospital stay (1 to 2 in 10 cases)
- Encephalitis (1 in every 1,000 cases)

Because of immunization, measles is now a rare disease in Canada. Most cases occur in unimmunized people, including visitors to Canada, who have traveled overseas.

## Is there a measles vaccine?

There are 2 vaccines available in B.C. that provide protection against measles:

1. Measles, Mumps, Rubella (MMR) Vaccine
2. Measles, Mumps, Rubella and Varicella (MMRV) Vaccine

The vaccines are provided free as part of routine childhood immunizations and to others that need protection against measles. For more information, see [HealthLinkBC File #14a Measles, Mumps, Rubella \(MMR\)](#)

[Vaccine](#) and [HealthLinkBC File #14e Measles, Mumps, Rubella and Varicella \(MMRV\) Vaccine](#).

## How is measles spread?

Measles is very contagious and spreads easily. When an infected person breathes, coughs, or sneezes, the virus spreads through the air. The measles virus can survive in small droplets in the air for several hours. You can become infected when you breathe in these droplets or touch objects contaminated with the virus. The airborne spread of measles virus makes the disease very contagious. Sharing food, drinks or cigarettes, or kissing someone who has the virus can also put you at risk.

## What are the symptoms?

Symptoms of measles include fever, cough, runny nose, and red and inflamed eyes that are often sensitive to light. These symptoms are followed by a rash, which starts first on the face and neck, and spreads to the chest, arms and legs, and lasts about 4 to 7 days. There may also be small white spots inside the mouth.

Symptoms can start as soon as 7 days after a person is infected with the measles virus.

## What if I have been exposed to measles?

If you have been exposed to the measles virus and have not had the disease or received 2 doses of a measles vaccine, you should get immunized to prevent the illness. You need to get the vaccine within 72 hours after exposure in order to be protected against the measles virus. People born before



1970 do not need to get the vaccine as they have probably had measles.

If the vaccine cannot be given in time or it is not recommended that you receive the vaccine, you may be given immune globulin for protection. Immune globulin contains antibodies taken from donated human blood. Antibodies are proteins that a person's immune system makes to fight germs, such as viruses or bacteria. Immune globulin provided within 6 days of being exposed to measles can protect against measles infections or make the illness less severe. For more information, see [HealthLinkBC File #63 Immune Globulin](#).

### What should I do if I think I have measles?

If you have fever and a rash and think you may have measles, especially if you have been in contact with someone with measles or traveled to an area with a measles outbreak, have yourself examined by a health care provider. It is best to call ahead so that you can be seen quickly and without infecting other people. Measles can spread easily in places like waiting rooms and emergency rooms. The doctor or triage nurse can make sure that you are taken into a closed area for an examination and attend the clinic at a time when the waiting room is empty. Bring your immunization record with you. A physical examination, blood test, and throat swab or urine sample will be collected to make the diagnosis of measles.

### How can I prevent spreading measles to others?

A person with measles can spread the virus to others from 4 days before to 4 days after their rash first appears. If you have measles you can help prevent spreading it to others by:

- Staying at home for at least 4 days after the rash first appeared.

- Washing your hands regularly.
- Coughing or sneezing into a tissue or sleeve rather than your hands.
- Not sharing food, drinks or cigarettes, or kissing others.

### What is the home treatment?

After seeing a health care provider, the following home treatment tips may help you to be more comfortable while you rest and recover.

- Drink plenty of fluids such as water, juice and soup, especially if you have a fever.
- Get plenty of rest.

Acetaminophen (e.g. Tylenol®) or ibuprofen\* (e.g. Advil®) can be given for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

\*Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

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