

Date: November 8, 2018

Dear: Parent/Guardian/Staff

Public Health is writing to inform you about updated exclusion criteria for the students and staff who may have been exposed to a case of measles at Fleetwood Park Secondary School from October 30 – November 2, 2018.

Students and staff (born in 1970 or after) who have had **ZERO** doses of MMR vaccine and are currently excluded from school will be able to return to school sooner if they receive a dose of MMR vaccine by Friday November 16<sup>th</sup>. If they receive this dose of vaccine they will be able to return to school Monday November 19, 2018 otherwise the current exclusion to return Monday November 26, 2018 will remain in place unless documentation of prior doses of measles containing vaccine is provided to Public Health.

Students and staff (born in 1970 or after) who have had **ONE** dose of MMR vaccine are required to have a second dose of vaccine by Friday November 9<sup>th</sup> in order to ensure their protection and to be able to continue attending school. If they do not receive this dose of vaccine they will not be able to return to school until Monday November 19, 2018 unless documentation of a second dose of measles containing vaccine is provided to Public Health or they receive a second dose.

**Free MMR vaccine is available at the school immunization clinic on Friday November 9, 2018 from 9am-3pm**

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 had measles infection in the past. If you are protected against measles, the chance of you becoming infected is very low.

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**