

## *Measles Update*

Doctors and health experts have seen a big increase in measles cases around the world. This is because fewer people got their vaccines during the COVID-19 pandemic. Some new cases have been found in Toronto and nearby areas. Measles was mostly gone in Canada since 1998, but in 2025, there have already been over 2,000 cases in Ontario.

**Measles spreads very easily from person to person.**

Signs of measles include:

- High fever
- Cough and runny nose (like a cold)
- Body aches
- Red eyes
- Trouble with bright lights
- Small spots with white centers inside the mouth (on the inner cheeks and behind the lips)
- Red blotchy rash (starts a few days after the first symptoms and lasts 4–7 days)

If you have these symptoms, especially after a trip:

- Stay home and self-isolate (try not to be around others)
- Call our clinic to talk to a doctor or nurse. Tell the receptionist your symptoms and if you have traveled recently
- Please **do not** walk into our clinics unless our doctor or nurse has instructed you to, because measles spreads very easily

## *Measles Vaccine*

There is no medicine to cure measles, but the MMR vaccine (for measles, mumps, and rubella) can help protect you.

In Ontario, kids usually get two doses:

- First dose: on or after 12 months of age
- Second dose: between 4 and 6 years old

Adults who only got one dose may need a second one if they:

- Work in health care
- Go to college or university
- Are traveling to a country where measles is a problem

People born before 1970 likely had measles as a child and may not need the vaccine, unless they are traveling. In that case, one dose of the vaccine is recommended (see Table below).

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Because of a theoretical risk to the fetus, the MMR vaccine **should generally not be given to pregnant people** and pregnancy is not recommended for 4 weeks after receiving the MMR vaccine. The MMR vaccine is safe while breastfeeding.

**Want to learn more about vaccines and common myths? Check out these links:**

<https://caringforkids.cps.ca/handouts/immunization/vaccines-myths-and-facts>

<https://publichealth.jhu.edu/2025/what-to-know-about-measles-and-vaccines>

## Traveling Soon?

If you are leaving Canada, make sure you are protected.

Below is a table with the measles vaccine guidelines:

Age Group	Canadian Immunization Guide Advice if Traveling Outside of Canada
Babies (6 months to 11 months)	One dose of MMR **Note: 2 additional doses must be given on or after 12 months of age for babies vaccinated before their first birthday to have long lasting protection against measles
Kids under 4 years of age who already got 1 dose according to the routine schedule (i.e., on or after 12 months of age)	Get second dose of vaccine before travel
People born in/after 1970 and 12 months of age and older	2 doses of the vaccine
Adults born before 1970	Usually don't need the vaccine, unless traveling—then 1 dose is recommended (unless a lab test shows that you are immune or have had measles in the past)

## Not sure if you are up to date with the measles vaccine?

If you are unsure if you are up to date with your vaccines, you can call the clinic to ask about your vaccine records and if you should receive a measles vaccine.

## Need to book a vaccine appointment?

If you know you or your child is not up to date with the measles vaccine or any other vaccine, please call to book an appointment with your primary care provider. If your child is school-aged, you can also book using Toronto Public Health's School Aged Vaccine Clinics

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To book an appointment for school catchup vaccination: [Toronto Public Health Appointment Booking System – City of Toronto](#)

For more information about measles and the measles vaccine you can view information from [Toronto Public Health](#).

### Information in other languages

Want to learn more in other languages?

Visit [Our Kids Health](#) for measles information in English and other languages.

English: [https://www.instagram.com/p/CORmDE9R938/?img\\_index=1](https://www.instagram.com/p/CORmDE9R938/?img_index=1)

Cantonese: [https://www.instagram.com/cantonese.kidshealth/p/C0ckBAHPZqN/?img\\_index=1](https://www.instagram.com/cantonese.kidshealth/p/C0ckBAHPZqN/?img_index=1)

Spanish: [https://www.instagram.com/p/C0SPb9EtrIR/?img\\_index=1](https://www.instagram.com/p/C0SPb9EtrIR/?img_index=1)

Punjabi: [https://www.instagram.com/punjabikidshealth/p/C4LrNdMxQ\\_S/](https://www.instagram.com/punjabikidshealth/p/C4LrNdMxQ_S/)

Tamil: [https://www.instagram.com/p/C0ijl3XICU1/?img\\_index=1](https://www.instagram.com/p/C0ijl3XICU1/?img_index=1)

Filipino: <https://www.instagram.com/p/C0UrNV-OSZr/?igsh=MXc0aDc0NG9meHBrMQ==>

Ukrainian: <https://www.instagram.com/p/C0R4gZWu9Nt/?igsh=MWtyenV4cDdoaTI0OA==>

### Other Resources

For the latest news about measles in Canada, visit: <https://health-infobase.canada.ca/measles-rubella/>

*This resource was developed based on the Measles Update resource from Unity Health*