



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

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RCDHU Encourages Residents to Ensure Up-to-Date Measles Immunizations

Renfrew County and District Health Unit (RCDHU) is asking residents to ensure they are up to date on their measles vaccines, following an increase in global measles cases.

Measles is a highly contagious viral infection with symptoms of fever, cough, runny nose, red eyes, fatigue, and red rash. Measles can cause serious health complications, including hospitalization, pneumonia, and inflammation of the brain. The virus can spread quickly from person to person by direct contact and through small respiratory droplets in the air. Immunization is highly effective in preventing measles.

With decreased measles immunization rates over recent years, increased global measles activity, and upcoming March break travel, RCDHU encourages residents to review their immunization records and consult with their health care provider if they are not up to date. It is especially important to review immunization records prior to travelling.

In Ontario, children receive two doses of the measles-mumps-rubella (MMR) vaccine as part of the publicly funded immunization schedule. The first dose is given on or after the first birthday, and the second dose from ages 4 to 6. Those born before 1970 generally already have acquired immunity due to high levels of measles circulating before 1970. Anyone born in 1970 or later who has not had a measles infection or been vaccinated with two doses of MMR vaccine is at risk of infection. Infants between 6 to 11 months of age and adults born before 1970 who are travelling internationally may also be eligible for measles vaccine.

"Measles immunization rates have decreased in recent years and we are seeing a significant increase in cases globally, with several recent cases reported in other health units across Ontario. It is important for everyone to check and make sure they're up to date with measles vaccination. Ensuring adequate immunization is especially important for anyone with upcoming travel," states Dr. Jason Morgenstern, Medical Officer of Health for RCDHU.

If you or your family are not up to date on measles vaccinations, please contact your health care provider to receive missing immunizations. Residents without a health care provider can receive their immunizations through a RCDHU immunization clinic.

To book an immunization appointment at a RCDHU clinic, please call 613-732-9436 or 1-833-773-0004. Stay connected by visiting www.rcdhu.com.

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Fax: 613-735-3067

media@rcdhu.com

www.rcdhu.com