



First Nations Health Authority
Health through wellness

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First Nations
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To Child Care Facilities and Families: What you need to know about measles

Measles is spreading in BC right now. This letter has important information to help keep your child, your family, and our Child Care settings safe. Measles spreads easily, but we can help stop it with vaccines and knowing what to do if we are exposed to it.

Vaccines help protect us

Getting the measles vaccine is the best way to stay safe!

- **Remember** to provide your licensed Child Care Facility the most up to date immunization status of your child(ren) attending. (Child Care Licensing Regulation Section 57(2)(a)).

When Northern Health confirms there is an exposure of measles in a childcare setting, children and employees may continue attending the program if they are not symptomatic and have had measles in the past or had at least one vaccine. People are protected if they:

- Had at least 1 measles vaccine: 1 vaccine is 85 -95% effective and 2 vaccines are 99% effective.
- Were born before 1970 (likely had measles as a child)
- Already had measles

Check if you or your child got both vaccines:	If you or your child need vaccination:
• check online at BC Health Gateway (https://www.healthgateway.gov.bc.ca) • call your local Community Health Centre or Health Unit.	Book an appointment at your local: Community Health Centre, Health Unit (https://www.northernhealth.ca/find-a-facility/health-units), or pharmacy

What measles looks like

Symptoms of measles show up **7 to 21 days** after being near someone who has measles (if you catch the virus). These symptoms include:

- Fever
- Cough
- Runny nose

- Red or watery eyes
- A rash that starts on the face and neck, then spreads

If someone has measles

They should stay home and away from other people until at least 4 days after the rash starts. This helps stop the virus from spreading. If you need to go to the doctor or hospital, please call first so the staff can get ready.

If measles exposure happens at Child Care	If your child gets sick at Child Care
If there is exposure to measles at your Child Care, public health will send a letter to the Child Care Facility to send home. It will tell you: • Where to get vaccines. • Information about testing, preventive treatment, and care. • That anyone not immune to measles should stay home for 21 days to keep others safe.	If your child feels sick at Child Care, employees will call you – per facility policy. If there is concern about measles, Child Care employees may call public health for advice. Measles-like symptoms are non-specific and many people with such symptoms will not necessarily have measles. While waiting, your child may be resting away from others until they are able to be picked up from Child Care per facility policy and Child Care Licensing Regulation Section 54(a). You can call your doctor or the Northern Health Virtual Clinic at 1-844-645-7811 to assess you and see if you should be tested for measles.

Extra care for some people

Measles can be a very serious illness for people who are not protected, particularly young children, and those who are pregnant or are immunocompromised. If you are worried about the health of your child or family member related to measles, call **your doctor** or the **Northern Health Virtual Clinic** right away. They can help you get care and medicine to stay safe.

More information

- <https://www.northernhealth.ca/health-topics/measles>
- <http://www.bccdc.ca/health-info/diseases-conditions/measles>
- <https://www.healthlinkbc.ca/healthlinkbc-files/measles>
- <https://www.fnha.ca/what-we-do/communicable-disease-population-and-public-health/communicable-disease/measles>
- Northern Health Virtual Clinic: 1-844-645-7811

Let's work together to stop the spread of measles and keep our Child Care Facilities and families safe.

With thanks and in partnership,

*Northern Director of Nursing, on behalf of First Nations Health Authority
Public Health Doctors (Medical Health Officers)*

*Regional Nursing Lead – Healthy Child Cares, on behalf of
Northern Health Public Health Doctors (Medical Health Officers)*

