

Measles Post-Exposure Guidance for Patients

I was exposed to an active measles case on: _____

- I was previously diagnosed with measles that was confirmed by PCR or IgM positive lab results.

I do not need to take any precautions.

- I was born before 1970
- I have received both MMR vaccinations, at least 28 days apart:
1st dose: _____
2nd dose: _____
- I have serology indicating immunity to measles

I meet the above criteria and have been instructed to watch for signs and symptoms of measles for 21 days.

I **did not** meet the above criteria:

- I received MMR vaccination on: _____
- I received Post-Exposure Prophylaxis (PEP) on: _____

I have been instructed to exclude myself from work, school, and other high-risk settings with susceptible contacts for 28 days.

- Should I need to access my family doctor or emergency department, I should **call ahead** to ensure appropriate precautions are taken.
- If I have other non-urgent medical appointments (ex. diagnostics, dental, eye, etc.), I should consider **delaying the appointment** until the end of the isolation period and discuss with the healthcare provider all options, including a virtual appointment.
- If I am **exposed to measles again during this isolation period**, no additional treatment will be needed; however, I will be required to continue isolating for another 28 days following second exposure. Consultation with a family doctor or Public Health will be necessary.
- If I am exposed to measles **after** the 28-day isolation period, I may need to receive additional treatment and follow another 28-day isolation period. Consultation with a family doctor or Public Health will be necessary.