

Tuesday, April 15, 2025

## **Re: Rising measles cases and the importance of vaccination**

Dear parents, guardians and staff,

Measles cases are rising in Canada. While no cases have been identified in Nova Scotia at this time, measles spreads easily and can cause serious complications. **Vaccination is the best way to prevent measles.**

Measles can lead to severe complications, especially in young children, making timely vaccination essential. The measles vaccine is safe, highly effective, and remains the most powerful tool for protecting individuals and communities from this preventable disease. During the COVID-19 pandemic, many routine vaccinations, including the measles vaccine, were delayed or missed, creating immunity gaps (people who have no protection against the disease). Public Health is actively promoting awareness and increasing access to vaccination in our communities.

**To ensure the health and safety of students and staff, we strongly encourage families to review their immunization records and ensure everyone is up to date on their vaccinations.** If family members are missing vaccines, see below information on how you can catch-up.

### **How you can check your immunization record:**

- Access your immunization records through the YourHealthNS app or visit <https://vaxrecordns.nshealth.ca>.
- Talk to your primary care provider (family doctor, nurse practitioner).
- Call your local Public Health office at 1-844-515-0675.

### **Who should get vaccinated?**

Infants (6 to 11 months)

- If planning to travel, 1 dose of MMR vaccine may be given.
- The child will still need two routine doses after their first birthday.

Children and Youth (1 to 17 years):

- 2 doses of MMRV are normally given at 12 and 18 months.
- Older children and youth are eligible for 2 catch-up doses if childhood vaccines were missed.

Adults (18 to 55 years, born in 1970 or later):

- Adults born between 1970 and 1995 were offered only 1 dose as children and another dose is recommended. At the time, you would have been considered up to date with one dose in childhood, and may have updated to the second dose since due to work or travel reasons. If this hasn't happened, you eligible for it now.
- Adults born in 1996 or later were offered 2 doses as children. If 2 doses were received, they are fully vaccinated.
- Adults are eligible for up to 2 catch-up doses if childhood vaccines were missed.

Older Adults (55+ years, born in 1969 or earlier):

- Older adults are generally considered immune, but can get a single dose if travelling.

**Where can you get the measles vaccine for free?**

- Go to a [Public Health Immunization Clinic](#).
- Find a [Public Health Mobile Unit](#) in your area.
- Contact your [local Public Health Office](#).
- Call 1-833-797-7772 to find a clinic in your area.
- Contact your primary healthcare provider.
- Make an appointment at a [Community Pharmacy Primary Care Clinic](#).

For more information on measles, visit [www.nshealth.ca/measles](http://www.nshealth.ca/measles)

If you have any questions about immunization or require assistance, please contact your healthcare provider or local Public Health office. Thank you for your commitment to keeping our schools and communities safe.

Sincerely,



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