

# MEASLES VACCINATION

## *Protecting Black Families*

Measles cases are rising around the world, including in Canada. Black and African Nova Scotians are encouraged to get all free, routine vaccines they are eligible for, including measles vaccines.



### Facts about measles:

- Measles is a viral infection that spreads easily and quickly among people who have no protection. It can lead to severe complications.
- It can be prevented by a vaccine that is free for eligible Nova Scotians, which also protects against mumps and rubella.
- The vaccine is part of Nova Scotia's routine childhood immunization schedule, but people who are eligible can get the vaccine for free at any time.
- Unvaccinated young children and pregnant people are at highest risk of severe complications.
- Protection against measles, mumps and rubella is especially important for people planning to travel. Please ensure you are up-to-date on your measles vaccines before travelling.

### Vaccine eligibility:

#### **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 who received only 1 dose as children should have another dose.
- Adults born in 1996 or later who received 2 doses as children are considered 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 should get a single dose if travelling.

### How to get vaccinated:

- Check to see if you're eligible for the measles vaccine: [www.nshealth.ca/measles](http://www.nshealth.ca/measles)
- Go to a Public Health Immunization Clinic [www.nshealth.ca/public-health-immunization-clinics](http://www.nshealth.ca/public-health-immunization-clinics)
- Find a mobile vaccine clinic in your area [www.nshealth.ca/PHMU](http://www.nshealth.ca/PHMU)
- Contact your local Public Health Office [www.nshealth.ca/public-health](http://www.nshealth.ca/public-health)
- Call 1-833-797-7772 to find a clinic in your area
- Contact your primary healthcare provider.
- Contact your local pharmacy.
- Check your vaccine records online: [vaxrecordns.nshealth.ca](http://vaxrecordns.nshealth.ca)

**Make vaccination part of Black health and your family's wellness.**

[www.nshealth.ca/Black-Public-Health](http://www.nshealth.ca/Black-Public-Health)



**Public Health**