



Diversity Liaison Team (Diversity, Mandarin, and Cantonese)

- ✓ **Project: pre-recorded interviews in Mandarin and Cantonese with hosts at the Calgary Chinese Elderly Citizens' Association on Fairchild Radio, FM 947**
- ✓ **Total airtime: 20 minutes for each language**
- ✓ **Pre-recording date: 2025 September**
- ✓ **Broadcasting month: November 2025**

Suggested topic: Measles 101

Measles 101

Keep yourself, your family and your community safe

What is measles?

Measles is a highly contagious virus that spreads easily through the air when an infected person breathes, coughs or sneezes. Measles can have a serious and lasting impact on those who become infected.

Measles can be serious at any age; however, children under five years old, pregnant individuals and those with weakened immune systems are at highest risk of severe complications.

Measles can cause serious complications:

- 1 in 10 people develop ear or lung infections (including pneumonia).
- 1 in 1,000 people develop encephalitis (swelling of the brain), which can lead to seizures, deafness, or brain damage.
- 4 to 11 of every 100,000 people may develop fatal brain disease about 10 years after infection
- Death is estimated to occur in 1 to 10 of 10,000 measles cases in Canada

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Symptoms of measles

Common symptoms of measles include:

- fever;
- cough, runny nose or red eyes; and
- a rash that appears 3 to 7 days after the fever starts, often beginning behind the ears and on the face and spreading down to the body, arms and legs. The rash appears red and blotchy on lighter skin colours and purple or darker on darker skin

If you or your child develop these symptoms, stay home and call Health Link at 811 or your local healthcare provider for further guidance.

Exposure risk

An infected individual can spread the measles virus starting 4 days before the rash appears until 4 days after the rash appears.

Measles outbreaks are occurring in Alberta and globally, with many countries and travel destinations reporting outbreaks including Canada, the United States, Mexico and Europe. These outbreaks are highly preventable.

Known measles exposure dates and locations in Alberta are posted online.

Prevention

The best protection against measles is to ensure you are up to date with your immunizations.

The measles vaccine is highly effective at preventing infection and its complications.

After just one dose of measles-containing vaccine, protection is about 85% to 95% for measles, and after 2 doses, protection is close to 100%.

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Measles-containing vaccines are provided free of charge for eligible populations.

Children 12 months and older

- Children in Alberta routinely receive their first dose of measles-containing vaccine at 12 months of age, and their second dose at 18 months of age.

Adults

- Adults, born in 1970 or later should have 2 life-time doses of measles-containing vaccine.
- Adults born before 1970 are generally considered immune.

Infants 6 to 11 months

- An early dose of measles-containing vaccine is available to infants who are living or travelling to areas where measles is circulating, including some areas of Alberta. For more information please visit alberta.ca/measles

For those who cannot be immunized (for example: young infants) you can reduce the risk of acquiring measles by avoiding communities with significant measles spread, only socializing with people who you know are immunized, and avoiding indoor gatherings.

Albertans can check their immunization records by texting “vaccine record” to 88111.

They can also call the measles hotline at 1-844-944-3434 to check their records or to book an immunization appointment.

Guidance for Parents and Guardians

If you think your child has measles or has been exposed to measles, stay home and call Health Link at 811 or your local healthcare provider for further guidance.

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Measles is a disease that must be reported to public health in Alberta. If you/your child is diagnosed with measles, public health staff will contact you to provide guidance and answer your questions.

Public health will ask questions to try to identify people who may have been exposed, especially those who are not protected against the disease. If these people are found quickly, steps can be taken to reduce their risk of getting measles.

Don't get measles. Get immunized.

- Visit alberta.ca/measles for more information.
- Call 1-844-944-3434
- Call Health Link **8-1-1** to get help or you can speak with your health care providers.

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