



Date: April 9, 2015

Dear: Parent/Guardian/Staff

Public Health wants to inform you that students and staff may have been exposed to a case of measles at Terry Fox High School from March 30 – April 2, 2015. We are recommending that all students and staff review their MMR immunization status.

Most people are protected from measles either by immunization, or by having measles infection in the past. If you are protected against measles, the chance of you becoming infected is very low.

Measles is highly infectious as it spreads easily through the air. Symptoms can start between 7 to 21 days after exposure. We recommend you watch for signs and symptoms of measles (fever, rash, red eyes, cough, runny nose) and alert Public Health immediately so steps can be taken to prevent infecting others.

**What should I do if I have symptoms?**

- You should stay at home, do not come to school and keep away from others who may not be protected.
- Contact Public Health if you develop a fever or other symptoms that may be measles.
- If you need to visit a doctor’s clinic, laboratory or hospital, please **call ahead** so that you can be seen quickly and without infecting other people. Bring your immunization records with you.
- If the doctor thinks you may have measles, a blood test, nasal swab and /or urine sample may be necessary to confirm measles.

**Who is considered protected against measles?**

- Individuals with 2 documented doses of a measles-containing vaccine after 1 year of age (MMR is the vaccine that protects against measles, mumps and rubella). Two doses of MMR are recommended and available free for all individuals born on or after January 1, 1970 (January 1, 1957 for health care workers).
- Individuals born *before* January 1, 1970 (January 1, 1957 for health care workers) are considered protected due to natural disease. However, individuals who were born between 1957 and 1970 who have only had one dose of MMR vaccine in the past are eligible to receive a second dose.
- Individuals with history of measles disease.

Information about the signs and symptoms of measles and how it is spread can be found on the attached healthfile or <http://www.healthlinkbc.ca/healthfiles/pdf/hfile14b.pdf>

Information about MMR vaccine, can be found on the attached healthfile or <http://www.healthlinkbc.ca/healthfiles/pdf/hfile14a.pdf>

**Where can I get MMR vaccine?**

We are recommending vaccination for all staff and students who have NOT had measles disease or 2 doses of MMR vaccine in the past. Eligible students and staff should come to the clinic for FREE MMR vaccine on Friday April 10, 2015.

- Students and staff (born on or after January 1, 1970) who have had **zero doses** of MMR need to receive a dose by Monday April 13<sup>th</sup> or will not be allowed to return to school until April 24<sup>th</sup> 2014.
- Students and staff (born on or after January 1, 1970) who have had one dose of MMR are recommended to receive a 2<sup>nd</sup> dose of MMR vaccine in order to be protected.

**\*\*\*Public Health Nurses will be holding a MMR immunization clinic at Terry Fox High School\*\*\*  
Friday April 10, 2015 from 9:00am - 3:00pm**

**If you have any questions, please contact the Newport Health Unit at 604-949-7200  
Or  
Contact Health Link BC toll-free at 811.**

**Students or staff can also get a dose of MMR vaccine through their family doctor or pharmacist. Please provide a record of this immunization to the school by Monday April 13, 2015.**

<b>Abbotsford HU</b> Tel: 604-864-3400	<b>Agassiz HU</b> Tel: 604-793-7160	<b>Burnaby HU</b> Tel: 604-918-7605	<b>Chilliwack HU</b> Tel: 604-702-4900	<b>Cloverdale HU, Surrey</b> Tel: 604-575-5100	<b>Guildford HU, Surrey</b> Tel: 604-587-4750
<b>Hope HU</b> Tel: 604-860-7630	<b>Langley HU</b> Tel: 604-539-2900	<b>Maple Ridge HU</b> Tel: 604-476-7000	<b>Mission HU</b> Tel: 604-814-5500	<b>New Westminister HU</b> Tel: 604-777-6740	<b>TriCities HU Port Moody</b> Tel: 604-949-7200
<b>Newton HU, Surrey</b> Tel: 604-592-2000	<b>North Delta HU</b> Tel: 604-507-5400	<b>North Surrey HU</b> Tel: 604-587-7900	<b>South Delta HU</b> Tel: 604-952-3550	<b>White Rock HU</b> Tel: 604-542-4000	