

Patient Update

April 4, 2025

Dear patients,

We are writing to share a few updates around measles cases in the community, what symptoms to monitor for, and information about the measles vaccine.

Measles Update

Health authorities have reported a significant increase in measles cases globally due to a decline in measles vaccinations during the COVID-19 pandemic. There are an increased number of measles cases in several regions of Ontario. Measles is a highly contagious disease that can spread easily to others.

Symptoms of measles includes:

- High fever
- Cold-like symptoms including cough and runny nose
- Body aches and pains
- Very red eyes
- Small spots with white centers inside the mouth
- Red blotchy rash, which can start a few days after the first symptoms and last four to seven days

If you have these symptoms, particularly following travel, please do the following:

- Stay home and self-isolate if possible
- Call our clinics for assessment and medical advice over the phone. We ask you to inform our clerical teams of your symptoms, especially if you have recently traveled. You will be booked either a virtual appointment with your doctor or a call from our nursing team
- Please **do not** walk into our clinics as the virus is very contagious
- If it is believed you may have measles, our team will provide guidance and direction

Measles Vaccine (MMR)

There is no cure for measles; however, serious illness can be prevented by getting vaccinated with the measles, mumps and rubella (MMR) vaccine. **1 dose of the MMR vaccine can provide 85% protection against measles. 2 doses can increase protection to 95%.**

Here are the current MMR vaccine guidelines if you live in the Toronto area:

Age Range	Ontario's publicly funded routine immunization schedule for measles
Infants: (6 months-1 year)	One dose IF traveling to an area with increased measles cases
Children	Two doses of the measles-containing vaccine: <ol style="list-style-type: none"> 1. One dose of MMR vaccine at 1 year of age 2. One dose of MMR vaccine between 4 and 6 years of age (preferably prior to school entry)
Adults (born in or after 1970)	Two doses of measles- containing vaccine
Adults (born before 1970)	Generally considered to have natural immunity. Can receive one dose of measles- containing vaccine if traveling to an area with increased measles cases, attending post-secondary school, or a healthcare worker.

If you live in an area with ongoing measles outbreaks, currently Grand Erie, Southwest, Huron-Perth, these recommendations may be different. Toronto's measles vaccine recommendations can change based on number of measles cases in the community.

If you were born outside of Canada

If you were born outside of Canada, the timing of your MMR vaccines may have been different. If you are unsure if you or your child has received the right number of vaccines for the best protection, call to book an appointment with us or talk to a member of the team.

Not sure if you are fully protected against measles?

If you are unsure if you need a measles vaccine, you can call the clinic to ask about your vaccine records. Our clerical team will either book an appointment with your provider or have a team member call you back.

Need to book a vaccine appointment?

If you need to book a vaccine appointment, please call to book an appointment, or use our [online booking options](#).

For more information about measles and the measles vaccine, you can view information from [Toronto Public Health](#).

Information in other languages

Please see the links below for information from [Our Kids Health](#) about measles in English and other languages:

English: https://www.instagram.com/p/CORmDE9R938/?img_index=1

Cantonese: https://www.instagram.com/cantonese.kidshealth/p/C0ckBAHPZqN/?img_index=1

Spanish: https://www.instagram.com/p/C0SPb9EtrIR/?img_index=1

Punjabi: https://www.instagram.com/punjabikidshealth/p/C4LrNdMxQ_S/

Tamil: https://www.instagram.com/p/C0ijl3XICU1/?img_index=1

Filipino: <https://www.instagram.com/p/C0UrNV-OSZr/?igsh=MXc0aDc0NG9meHBrMQ==>

Ukrainian: <https://www.instagram.com/p/C0R4gZWu9Nt/?igsh=MWtyenV4cDdoaTI0OA==>

Take care and be well,
SMAFHT Leadership