

# Measles and Pregnancy

**Protect your children, protect yourself, protect your community.**



 During pregnancy, those not immune to measles are at an increased risk of:

- Severe illness
- Pneumonia
- Hepatitis
- Encephalitis
- Hospitalization
- Loss of the baby before or during delivery

 What can I do if I am pregnant and was exposed to measles?


- Reach out to your healthcare provider as soon as possible to determine if you have immunity to measles
- You may be eligible to receive immunoglobulin to help prevent infection
- Immunoglobulin is effective if given within 6 days of exposure

 Potential complications to the baby include:

- Low birth weight
- Infant born with measles infection

 Can I get the measles vaccine while pregnant?

- No, the measles vaccine is not recommended for pregnant individuals
- If you are not immune and suspect you have been exposed, reach out to your healthcare provider or the **measles hotline at 1-844-944-3434** immediately

 Can I get a measles vaccine while nursing?

- Yes, the measles vaccine is safe to receive while breastfeeding

**If you have symptoms, STAY HOME  
Contact your health centre  
or call the measles hotline  
at 1-844-944-3434**