

# MEASLES IS EXTREMELY CONTAGIOUS

- Measles cases continue to increase in Alberta, Canada, and globally.
- **90%** of unimmunized people who have been exposed to measles get sick from the virus.
- **Up to 20%** of those who get sick may be hospitalized.
- **It can spread through the air** in public spaces even if you have not been in close contact with anyone.



## PROTECT YOURSELF

- Make sure your family is vaccinated with the measles vaccine, especially if you plan to travel.
- Vaccination is the best way to protect yourself, your children and your community.

**If you have symptoms, stay home.**

- **contact your health centre**
- **call 1-844-944-3434**
- **text 'vaccine record' to 88111**