

# STOP THE SPREAD!

Measles is extremely contagious

## SYMPTOMS

- fever
- rash
- cough
- red eyes or runny nose
- small white spots inside the mouth

## STAY HOME AND CALL 1-844-944-3434

If you have symptoms, stay home and call 1-844-944-3434

For more info: text 'measles' to 88111

## GET VACCINATED! HELP STOP THE SPREAD.

- Do not share personal items (water bottles, cups, utensils, tooth brushes).
- Wash your hands with soap and water or an alcohol-based hand sanitizer.
- Stay home if you are sick and limit contact with others.
- Cover your mouth and nose with a tissue or your upper sleeve when coughing or sneezing.
- Keep high-touch surfaces clean (phones, door handles).
- Wear a well-fitted mask or KN95 in crowded, indoor settings.



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

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