

# Were you born before 1970?

If so, you are considered **protected from measles** due to likely exposure to measles in the past.

You may still be eligible for vaccine if:

- You are a Health Care worker or Post-Secondary student.
- You are travelling to high-risk areas in Canada or anywhere outside Canada.

What else can you do to help protect your loved ones?

- Encourage others to stay up to date on their vaccines.
- Remind them to practice good hand hygiene, cover their coughs, and stay home if they feel unwell.



**To inquire about eligibility or vaccination status:**

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