



PUBLIC HEALTH AND
PARAMEDIC SERVICES
Infectious Diseases
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Letter to Parents/Guardians: Measles Preparedness for Summer Camps

Dear Parents/ Guardians,

We are writing to share important information to support your preparation for the upcoming camp season considering a significant increase in measles cases in our community.

Measles is a highly contagious virus that can lead to serious health complications. It spreads easily through airborne droplets and can remain on surfaces for several hours. Vaccination remains the most effective protection against measles. Two doses of a measles-containing vaccine are 99% effective at preventing illness.

Measles exposure at a summer camp

- In event of a measles exposure at the camp, Public Health will exclude any children and staff who are not fully protected with two documented doses of measles vaccine. Exclusion will last 21 days from the date of exposure or until evidence of measles immunity is provided.
- You are considered fully protected against measles if:
 - Your immunization records confirm receipt of **two doses** of a measles vaccine (MMR, MMRV, M).

Get Prepared: Actions Recommended for Parents/Guardians

To reduce the spread of measles and be prepared if there is a measles case at a summer camp, we recommend the following actions:

1. Find your child's measles vaccine records

- There are a few ways for you to get their vaccination records:
 - Look for your yellow vaccination record (also known as the immunization card). Measles vaccines are listed as "MMR", "M" or "MMRV" on vaccination records.
 - Contact your health care provider. They may have a copy on file.
 - Check with the public health unit where your child attends school. For Region of Waterloo Public Health, you can [look up records online](#)

2. Ensure your child is vaccinated

- Waterloo Region is currently part of the larger area of western Ontario that is being affected by measles virus. The following measles vaccine recommendations are currently in effect for children in Waterloo Region:
 - Children 1 to 3 years old:



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- Children who have received a first dose of a measles vaccine are encouraged to get a second dose as soon as possible (at least 4 weeks after the first dose).
 - Children 4 to 6 years old:
 - Following the [routine vaccine schedule](#), children receive their second dose of a measles vaccine between the ages of 4 and 6 years. Children who have not yet received a second dose are encouraged to do so as soon as possible (at least 4 weeks after the first dose).
 - If your child needs a measles vaccine please contact your health care provider and [report](#) any additional doses to Public Health.
 - Public Health offers measles vaccines to people without a health care provider.
- 3. Know what to do if your child develops Measles symptoms**
- Early symptoms of measles typically include fever, cough, runny nose, and conjunctivitis (red eyes). These are followed by a red, non-itchy blotchy rash that appears 3 to 5 days later, usually starting on the face and spreading to the rest of the body. Koplik spots—small white spots inside the mouth—may appear just before the rash. Those who have been exposed to measles and who are not immune may become sick and spread the disease to others.
 - If your child develops symptoms, please keep them at home, do not attend camp and call your health care provider to guide your next steps. If you do not have a health care provider, you can call [811](#).

If you have general questions regarding measles or want to schedule a vaccine appointment with Public Health, please visit regionofwaterloo.ca/measles or call Public Health's Measles Information Line at 519-575-4480.

Thank you for your attention to this important matter and your partnership in keeping our community healthy and safe.

Sincerely,

Region of Waterloo Public Health