

March 27, 2025

Subject: Risk of Measles is Increasing in Saskatchewan

Dear students of University of Regina,

Measles cases are rising in Canada, including cases in Saskatchewan, in part due to decreasing vaccination rates and international travel. Measles is one of the world's most contagious diseases, and it can be very serious. It can affect all ages but tends to be more severe in adults and very young children. Contracting measles during pregnancy can be harmful to the baby.

Measles is spread by coughing, sneezing, or breathing infected air. The virus remains active and contagious in the air for up to two hours. If you or your child are exposed to measles, please ensure that you call a physician, walk-in clinic or Emergency Department and identify your exposure **before** you present to the facility. This allows physicians and healthcare providers time to prepare and provide care safely, as well as to protect other patients.

The best way to protect yourself and your child from measles is through vaccination. Two doses of a measles-containing vaccine are 97% effective in preventing measles infection and provide lifelong immunity for most. If people are not up to date with their vaccinations, they can contract and spread measles. Please check that everyone in your household is fully vaccinated for measles.

**Adults** are eligible for free measles vaccine based on [their date of birth](#):

- Born 1970 and onwards – two doses
- Born 1957 to 1969 – if travelling outside of Canada, one dose
- Born before 1957 - no vaccination is required

**Children** should get two doses of a measles-containing vaccine, such as the Measles-Mumps-Rubella-Varicella (MMRV) vaccine. The first dose is given at 12 months of age and a second dose at 18 months of age.

**Students in healthcare professions are eligible for two doses of a measles-containing vaccine, regardless of their birth year.** If you are not up to date on measles vaccination and are a student of a health profession, please identify yourself when arranging for your vaccinations to be updated.

If you are unsure whether you or someone in your family has received the measles vaccine or if they have had both doses, you can check your vaccination history on the [MySaskHealthRecord website or app](#). Children 14 and over must register for their own account. Contact your [local Public Health office](#) to book an appointment for vaccination or to request assistance.

Sincerely,



Dr. Olanrewaju (Lanre) Medu, MBBS, FRCPC  
Medical Health Officer, Saskatchewan Health Authority

QR code directs to [list of health care facilities](#) that provide vaccinations



### **Healthy People, Healthy Saskatchewan**

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

**NOTICE OF CONFIDENTIALITY:** This information is for the recipient(s) listed and is considered confidential by law. If you are not the intended recipient, any use, disclosure, copying or communication of the contents is strictly prohibited.