



Renfrew County and District Health Unit  
"Optimal Health for All in Renfrew County and District"

## For Immediate Release

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(Pembroke, Ontario, March 7, 2025)

### **Renfrew County and District Health Unit Is Encouraging Residents to Ensure Their Measles Vaccinations Are Up to Date and Be Aware of Measles Symptoms**

Ontario is experiencing a measles outbreak involving 177 cases as of February 26, 2025. Most outbreak cases have been reported in Southwestern Ontario by Southwestern Public Health and Grand Erie Public Health. Over 90% of infections have been in unimmunized individuals. At this time, no cases of measles have been reported in Renfrew County and District.

"The increase in measles infections across Ontario is concerning. I strongly recommend that everyone check their immunization status and ensure they are up to date, which is the most effective thing we can do to prevent the spread of infection in our region," said Dr. Jason Morgenstern, Medical Officer of Health at the Renfrew County and District Health Unit.

Measles is a highly contagious viral infection with symptoms of fever, cough, runny nose, red eyes, fatigue, and red rash. Symptoms usually appear 7 to 21 days after being exposed to the virus. Measles can cause serious health problems, including hospitalization, pneumonia, inflammation of the brain, and, rarely, death. The virus can spread quickly from person to person by direct contact and through small respiratory droplets in the air.

#### **How do I know if my measles vaccinations are up to date?**

- Most people born before 1970 have protection (immunity) due to infection in their childhood, as high levels of measles were circulating before 1970.
- Anyone born in 1970 or later who has not had 2 doses of MMR or been infected with measles is vulnerable to infection.
- Southwestern Ontario is currently experiencing high levels of measles circulation. There are special immunization recommendations for people traveling to the area.
- Visit [RCDHU's website](#) or call RCDHU at 613-732-9436 or 1-833-773-0004 for detailed information about measles immunization.

You can access immunization records using the [ICON](#) tool. If your record is not up to date, speak to your health-care provider about getting your vaccines. RCDHU also offers vaccine clinics by appointment. For more information, or to book an appointment at an RCDHU clinic, call 613-732-9436 or 1-833-773-0004.

If you experience any symptoms of measles, please **call your health-care provider and avoid attending any public settings**. If you need to go to a clinic or other healthcare setting for care, it is important to **contact them ahead of time to avoid spreading the virus to others**.

If you believe you have been in contact with the measles virus it is recommended that you:

- Wear a well-fitting mask (preferably N95/KN95 style)
- Limit unnecessary contact with others
- Monitor closely for symptoms

For more information about measles visit [RCDHU's website](#).

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