

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

March 25, 2025



Subject: Risk of Measles is Increasing in Saskatchewan

Dear parents and guardians of students

Measles cases are increasing in Canada and has now occurred in Saskatchewan due to declining measles 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. Catching measles while pregnant can harm 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, and 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 at preventing a measles infection and provides lifelong immunity for most. If individuals are not up to date on their vaccinations, they can spread and catch measles. Please check that everyone in your household is fully vaccinated for measles.

Adults' are eligible for free measles vaccinations 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. In Saskatchewan, the first dose is given at 12 months of age and a second dose at 18 months of age.

If you are unsure if you or your family member has received the measles vaccine or if they have had both doses, a vaccination history can be checked 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 to be vaccinated or for assistance.

Sincerely,



Dr. David Torr
Medical Health Officer and Area Department Lead,
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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.

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