



BY EMAIL

December 16, 2025

To parents, daycare and school's staff

Re: Important - Cases of Measles near Montréal

Dear Madam or Sir,

Cases of measles are being reported in different regions of Quebec at the moment. During this holiday season, with numerous gatherings and trips taking place, parents are advised to check whether children and family members are vaccinated against measles.

Measles is **highly contagious**. It can be very serious, especially for young children, pregnant individuals, and people with weakened immune systems. There is no treatment for this disease.

Vaccination is the best protection against this virus. Two (2) doses of vaccine are about 95 % effective. The vaccination is free, and you can get vaccinated even without a health insurance card (RAMQ).

Check your vaccination records to ensure that all family members are protected. There are different brands of measles vaccines.

In Québec, a person is protected if :		Examples of brand names of measles vaccines
Person born after 1980	Has received 2 doses of vaccine (starting at 12 months of age)	<ul style="list-style-type: none">• Priorix• Priorix-Tetra• MMR II• ProQuad• Attenuvax• Moru-Viraten• Rimevax• MMR• Trivirix• Measles vaccine
Person born between 1970 and 1979	There are several categories. See the next page for details.	
Person born before 1970	Considered to be protected, even without vaccination.	
At any age	Has had measles and has proof of it (medical certificate or blood test)	

...2

If you are unsure about your own or your child's vaccination status :

- Call your CLSC or PSL.
[Find a CLSC - Répertoire des ressources en santé et services sociaux](#)
- Check with a health professional (e.g. school nurse).
- Go to the web page [Vaccinations for infants, children and adolescents | Santé Montérégie Portal](#)

We strongly recommend that people who are not protected get vaccinated as soon as possible.

If an outbreak occurs in a daycare or school, anyone who is not protected will be excluded and will have to isolate at home for several weeks.

To get the free vaccine, even if you do not have a RAMQ card, visit [Clic-Santé](#) to book an appointment, or call your CLSC or PSL. If you have concerns about vaccination, speak with a healthcare professional.

For more information about measles or the vaccine, go to [Measles](#) or the *Measles* section at the end of this letter. Thank you for your cooperation and vigilance.

Together, let's protect our children and families.

We wish you a happy holiday season in good health!

Director of Public Health for the Montérégie,



David-Martin Milot, M.D., CM, M. Sc., FRCPC

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Measles : Additional information

How does the virus spread?

- The virus spreads when a person breathes the same air as someone who is infected, even at a distance of more than 2 metres (6 feet).
- The virus can stay suspended in the air for a few hours and even disperse through the air.
- Measles can also spread through direct contact with an infected person or contaminated objects.

Measles is highly contagious.

- If a person who is not protected comes into contact with someone who is sick, the risk of catching measles is 9 out of 10.
- A person who has measles is contagious for 4 days before and 4 days after the rash appears. The illness lasts 1 to 2 weeks.

What are the possible complications?

- Measles can cause ear infections, but also rare and serious complications.
- Children who get measles risk developing a lung infection (pneumonia), hearing and/or vision loss, a brain infection (around 1 case in 1,000 to 2,000) or even death.
- About 1 in 10 people must be treated in hospital.

Anyone who is infected can develop complications, especially:

- Children less than a year old;
- Pregnant people (risk of miscarriage or premature delivery);
- People with weakened immune systems.

What are the symptoms of measles?

- Fever;
- Cough, runny nose or conjunctivitis (red eyes and sensitivity to light);
- Red spots or rash on the skin (on the face, then on the whole body).

What to do if you have symptoms of measles?

- If your child or another family member has symptoms of measles:
- Keep them at home and call Info-Santé (811).
- If you have to go to a clinic or hospital, call before you go to let them know that the person might have measles.
- It is recommended to wear a mask.

In Québec, people born between 1970 and 1979 are considered to be protected if:

- They have had measles and have proof of it (medical certificate or blood test);
- They have received 1 dose of vaccine and are not health workers or trainees, travellers or military recruits;
- They have received 2 doses of vaccine if they are health workers or trainees, travellers or military recruits.