

# Measles

Measles is a serious and extremely contagious disease. It is caused by a virus that spreads easily through the air, in which it can survive for several hours. Simply by sharing space with a contagious person, even for a short time, an individual can contract the infection and develop the disease.

## **Can measles be prevented?**

Yes. Vaccination is the best way to protect yourself against measles

## **Is the vaccine safe?**

Yes. The vaccine has been available and in use for about 30 years. It has proven to prevent and control measles, mumps and rubella. It is very safe.

## **Is the vaccine free in Québec?**

Yes. You can get the vaccine free of charge at the CLSC that is part of the CSSS in your region, or from a vaccinating physician.



Or...ask your school nurse!!!

Source: [http://www.msss.gouv.qc.ca/en/sujets/prob\\_sante/measles/measles.php#question1](http://www.msss.gouv.qc.ca/en/sujets/prob_sante/measles/measles.php#question1)

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