

**Bulletin - Additional Measles Cases
confirmed in NEPH area**

Northeastern Public Health (NEPH) is reporting more cases of measles in the District of Temiskaming. These cases are linked to the ones reported on Friday, April 4, 2025, and brings the number cases in the NEPH area to eleven. This increase in cases was expected as measles is very contagious.

Northeastern Public Health is monitoring the situation. Currently, there are no exposures and the risk to the public is low.

Vaccination is the best defence against measles. If you were born before 1970, or are up-to-date with your vaccinations, you are protected against measles. If you are not vaccinated, measles can pose serious health risks and can spread very easily to others. The virus spreads through the air when an infected person breathes, coughs, or sneezes.

Northeastern Public Health encourages everyone to check that they are up-to-date with their vaccinations. If you are unsure of whether you or your family are fully protected against measles, talk to a health care provider, or call the health unit at 1-877-442-1212.

To check your immunization status, or to update your family's records online, visit ICON:

- [For residents of Timiskaming District](#)
- [For residents of Cochrane District or Hornepayne](#)

For additional information about measles and local exposures, see our measles page at phu.fyi/measles.

For information about measles cases across Ontario, visit the [Measles in Ontario Enhanced Epidemiological Summary](#) and the Measles Exposures in Ontario page on the Public Health Ontario website.

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What is measles?

Measles is an infection that spreads very easily. The measles virus spreads through the air when an infected person breathes, coughs, or sneezes. It can survive in the air for up to two hours. Measles can be spread from four days before the rash appears until four days after the onset of the rash.

What are the symptoms?

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

Measles symptoms include:

- A high temperature
- A runny or blocked nose
- Sneezing
- Coughing
- Red, sore, watery eyes
- Spots in the mouth. Small white spots may appear inside the cheeks and on the back of the lips after a few days. These spots usually last a few days.
- A rash usually appears a few days after the cold-like symptoms.
- The rash starts on the face and behind the ears before spreading to the rest of the body.

Most people fully recover from measles within two to three weeks. Some people can get very sick if they get measles. It can lead to ear infections, pneumonia, and — in some rare instances — brain swelling and death. Pregnant individuals can have a miscarriage or give birth prematurely.

What do I do if I have symptoms of measles?

If you have any symptoms, stay home. Measles spreads very easily to others. Call your health care provider to arrange testing. Let them know that you have symptoms and inform them that you are a contact of someone with measles so that they can put measures in place to protect health care workers and other patients. Wear a mask if you need to seek medical attention.

1-877-442-1212



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