

To: Students and Staff of the College of New Caledonia

Subj: Measles Exposure at CNC on Nov. 25-27 2025, Main Building, Rms 1-317, 2-110, 3-201

We want to let you know that someone with measles was at the college on the dates listed above. **You are receiving this letter as you have been identified as more likely to have been exposed during the above exposure dates.** If you were there and are **not protected** against measles, you should **stay home for 21 days** from the date you were exposed. This helps stop measles from spreading.

What is measles? Measles is a serious illness that spreads easily. It can cause problems like ear infections, diarrhea, pneumonia, and even brain swelling.

Vaccines are the best way to stay safe. Make sure you and/or your child's shots are up to date. Two doses of measles vaccine provide the best protection. Children may be eligible for early vaccine doses. Call your local health unit with questions or if you want to book an appointment.

How does it spread? Measles can spread **4 days before and after** the rash starts. When an infected person breathes, coughs, or sneezes, the virus spreads through the air. Symptoms begin **7 to 21 days** after being exposed.

You don't need to stay home after an exposure if you:

- Had measles vaccine: 1 dose provides good protection and 2 doses provides the best protection
- Were born before 1970 (likely had measles as a child)
- Already had measles

If you have symptoms like those listed below, **stay home until 4 days after the rash begins.** Call your doctor or the **Northern Health Virtual Clinic** at **1-844-645-7811** for health advice.

Measles symptoms:

- Fever
- Cough
- Runny nose
- Red eyes
- Rash that starts on the face and spreads

Who is most at risk?

- Babies and young children
- Pregnant people
- People with weak immune systems

Please call ahead before going to the doctor or hospital so they can prepare.

Call your doctor if:

- Fever lasts more than 4 days after rash starts
- Cough gets worse
- You have ear pain

Go to the hospital or call 911 if you have:

- Trouble breathing
- Trouble waking up
- Seizures
- Bad headache
- Dry mouth and no pee for 8+ hours

If you are **not protected** and it's been **less than 3 days** since you were exposed (or **6 days** if pregnant or have a weak immune system), you may be able to get medicine to help. Call the **Northern Health Virtual Clinic** at **1-844-645-7811**.

Sincerely,

Dr. Rakel Kling, MD MSc MPH FRCPC
Medical Health Officer,
Northern Health

[Measles - HealthLink BC](#)



[BCCDC - Measles](#)

