



## Warning: increased risk of measles across Canada

### Nunavut-wide

**150 sec**

- Measles can lead to severe complications, especially among children under five years of age, pregnant individuals, and those with a compromised immune system.
- The measles vaccine is safe and effective, providing almost 100 per cent protection after all recommended doses have been received.
- Vaccines save lives. Talk to your local healthcare provider to find out if you are up to date on vaccinations.
- Other ways to reduce the spread of measles: Stay home when sick and limit contact with others.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Wash your hands often with soap and water or use an alcohol-based hand rub.
- Do not share personal items such as bottles or food utensils.

