



OFFICE OF THE CHIEF PUBLIC HEALTH OFFICER

## **PUBLIC HEALTH ADVISORY**

### **Measles Exposure in Yellowknife**

**YELLOWKNIFE (May 5, 2025)** - The Office of the Chief Public Health Officer has received notification of a confirmed case of measles in Yellowknife with multiple exposure locations from **Sunday April 27 to Friday May 2, 2025**.

If a person is not [protected against measles](#) (fully vaccinated or had previous infection) then measles is one of the most transmissible and highly infectious diseases, capable of infecting 9 out of 10 people exposed to the disease. The virus spreads easily through the air when an infected person coughs or sneezes, and it can linger in the air for up to two hours after the person has left the area. You can become infected by breathing in contaminated air or by touching a surface contaminated with the virus. The measles virus can be spread by a person a day before they become unwell usually four days before a measles rash appears until four days after the rash appears, meaning they can unknowingly spread the disease before showing any symptoms.

### **Places and dates of potential measles exposure**

Places visited by a recent measles case while infectious have been identified below. Individuals who were in the following places during the dates and times specified should stay home and isolate and contact [Yellowknife Public Health](#) at 867-767-9120 if they are not [protected against measles](#). Please do not visit Yellowknife Public Health in-person.

#### **Last updated on May 5, 2025**

##### **Breakaway Fitness - 5003 48 Street**

- April 27: 7:00 AM - 11:00 AM
  - Monitor for symptoms until May 19, 2025

##### **École St. Patrick High School and Weledah Catholic School - 5010 44 Street**

- April 28: 8:00 AM to 5:40 PM
  - Monitor for symptoms until May 20, 2025



- April 30: 8:00 AM to 5:40 PM
  - Monitor for symptoms until May 22, 2025
- May 1: 8:00 AM to 5:40 PM
  - Monitor for symptoms until May 23, 2025

**Tim Hortons - 5014 49<sup>th</sup> Street**

- April 28: 11:00 AM – 1:40 PM
  - Monitor for symptoms until May 20, 2025

**Range Lake North School - 170 Borden Drive (Gymnasium and Atrium ONLY)**

- April 28: 4:00 PM – 6:20 PM
  - Monitor for symptoms until May 20, 2025

**École Sir John Franklin High School - 4701 52nd Ave**

- May 2: 2:00 PM – 4:05 PM
  - Monitor for symptoms until May 24, 2025

**Note:** Super Soccer is **NOT** considered an exposure event at this time.

## **How to recognize measles signs and symptoms**

Measles signs and symptoms appear on average 10 to 14 days after exposure to the virus.

Signs and symptoms of measles typically include:

- Fever
- Dry cough
- Runny nose
- Sore throat
- Inflamed eyes (conjunctivitis)
- A skin rash made up of large, flat red blotches, usually starts on the face and spreads to the rest of the body and lasts 4-7 days
- Other viruses can also cause rash. It is important to keep your child at home if they are sick or have a rash.



There is no cure for measles. Most people recover in 2-3 weeks, but measles can have serious complications especially for infants, pregnant women and people with weakened immune systems. These complications include ear infections, lung infections, and brain inflammation which can lead to deafness, seizures, brain damage, or even death.

## **How long to monitor yourself after exposure**

Everyone (regardless of vaccine status) should monitor for measles symptoms until 21 days after the date of exposure.

- If you need urgent medical care, call 911 for immediate support.
- If you need to see a health care provider, call ahead before you visit the Emergency Room or Health Clinic/Centre to inform them of your exposure to measles so they can prepare for your arrival and take appropriate precautions.
- If you develop symptoms and do not need medical care, call 811 for further instruction.

## **How to protect yourself from measles**

Measles is a vaccine preventable disease. The best way to protect against measles is to be fully vaccinated. Two doses of the measles vaccine can be almost 100% effective at preventing measles.

- All children 12 months and over should have two doses of measles containing vaccine given at least 4 weeks apart as part of routine childhood vaccines.
- It is recommended that all adults born on or after 1970 who are traveling outside the NWT have received two doses of the vaccine in their lifetime.
- Individuals born before 1970 who are traveling outside of NWT should have received one dose of a measles-containing vaccine.

**If you went through the [Well Child Program](#) and consented to all vaccines in NWT, your child is likely vaccinated.**

## **What to do if you're exposed and unprotected**

If you think you have been exposed **AND** you are not protected against measles, **OR** if you are unsure about your immunization history, you **MUST** stay home and contact 811 for further direction.



- If you have had no doses of measles-containing vaccine (e.g. MMR), stay home and contact 811 for further direction.
- If you have had one dose of measles-containing vaccine (e.g. MMR), contact your local public health clinic to receive an additional dose of measles-containing vaccine (e.g. MMR). Your patience and understanding is appreciated if there are delays in booking, as we mitigate this issue. Unless you work in a healthcare setting, you can immediately return to work, school, or daycare after you get a second dose of measles-containing vaccine.

## **What to do if you're considered high-risk**

If you (or a family member) are at high risk of complications as listed below, call 811 to discuss options to reduce the risk of measles infection through vaccination or a product called immunoglobulin. For these to be effective, they must be given very soon after exposure.

Those at a high risk of complications include:

- Babies under one year of age who have not received measles vaccine.
- People with a severely weakened immune system.
- Pregnant individuals who are not protected against measles.

## **How to request your immunization records**

If you received your vaccinations in Yellowknife and are uncertain about your vaccination status, email Yellowknife Public Health at [nthssa-yk\\_publichealthadmin@gov.nt.ca](mailto:nthssa-yk_publichealthadmin@gov.nt.ca) to determine if you have received an measles-containing vaccine (e.g. MMR) in the past. Please note there may be a delay in response as we work to get through the high volume of requests.

If you received your childhood immunizations outside of Yellowknife, contact the [health centre or public health unit](#) in the community you received your vaccinations. If you received vaccinations at multiple locations during your life, you may need to contact all these locations.

If you received immunizations outside of the NWT, contact the appropriate public health unit or health care provider to receive a copy of childhood immunization records.



## How to request proof of vaccination

If requested, for the purposes of contact tracing or documentation for employer at **least one of the following criteria** is considered proof of protection against measles:

- **Proof of vaccination** with two valid doses of measles-containing vaccine (e.g. MMR vaccine)
- Blood work showing antibodies to measles
- Medical records confirming a prior laboratory-confirmed measles infection
- Birth before 1970 (with the exception of health care workers)

If you do not have any of the above, **you are not protected against measles.**

For more information on measles, please visit:

- <https://www.hss.gov.nt.ca/en/services/measles>

For more information contact:

Andrew Wind  
Manager Communications  
Health and Social Services  
[HSSmedia@gov.nt.ca](mailto:HSSmedia@gov.nt.ca)