

MEASLES: TESTED! NOW WHAT?

FOLLOW UP INSTRUCTIONS FOR INDIVIDUALS TESTED FOR MEASLES

I am waiting for my results

- You must self-isolate while waiting for results. See **Self-Isolation Instructions** below
- A case investigator from York Region Public Health (YRPH) will contact you to offer guidance and answer any questions. They may confirm the total number of days you will need to isolate while awaiting results
- Any symptomatic household members should be discussed with YRPH in case they also need to isolate

I tested negative

- If you feel unwell, you should continue to stay home until all of the following apply to you:
 - Your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
 - You do not have a fever
 - You do not develop any additional symptoms
- Your case investigator will confirm test results and share them with your primary care provider (upon request)
- **If you experience new or worsening symptoms, call your case investigator**

I tested positive

- Measles is contagious for four days before your rash appears until four days after (nine days total). You must self-isolate for the nine-day period you are contagious. See **Self-Isolation Instructions** below
- Individuals who are immunocompromised can be contagious for longer and should isolate for as long as you have symptoms
- YRPH will contact you to discuss your isolation period, test result, symptoms, where you may have gotten measles and who you have been in contact with
- When your self-isolation is complete, you can return to activities (e.g., work) when feeling better

Self-Isolation Instructions

- Stay home. Avoid others in the home when possible and perform good hand hygiene
- Avoid contact with high-risk individuals (infants less than 12 months of age and pregnant or immunocompromised individuals)
- Do not attend gatherings and public places such as child care settings, schools, post-secondary educational institutions, workplaces, places of worship, sporting events, and other group settings
- If you have a medical emergency during this period, call 9-1-1. If it is not an emergency, avoid entering health care settings during this period. If you seek medical attention, always inform any health care providers/healthcare facilities prior to arrival so appropriate precautions can be implemented
- If an interaction with others cannot be avoided, wear a mask

Contact York Region Public Health

- Monday to Friday 8:30 a.m. to 4:30 p.m.: 1-877-464-9675, ext. 73588
- After hours (after 4:30 p.m., weekends, holidays): 905-953-6478

PUBLIC HEALTH

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