



Concerns about Measles infection during pregnancy

During pregnancy, those not immune to measles are at an increased risk of:

- Severe illness
- Pneumonia
- Hepatitis
- Encephalitis
- Hospitalization
- Miscarriage
- Loss of the baby before or during delivery

Potential complications to the baby include:

- Low birth weight
- Congenital infection



What can I do if I am pregnant and was exposed to measles?

- Reach out to your healthcare provider as soon as possible to determine if you have immunity to measles.
- If you are not immune you may be given immunoglobulins to help prevent the infection.
- Immunoglobulins are effective if given within 6 days of exposure. So, it is important to reach out to a healthcare provider as soon as possible after exposure.

Can I get the measles vaccine while pregnant?

- In Canada, measles vaccine is a combined vaccine available as MMR and measles-mumps-rubella-varicella (MMRV).
- The vaccine contains a live, weakened form of the virus to get immunity without causing disease.
- Live, weakened vaccines like MMR are generally not recommended during pregnancy.
- Following immunization with the MMR vaccine, it is advised to wait at least four weeks to get pregnant.
- Studies of women who accidentally receiving an MMR vaccine in pregnancy found no increase in the risks to the pregnancy or the infant.

Can I get a measles vaccine while nursing?

- If you are not immune to measles, it is recommended to receive the MMR vaccine postpartum, including if breastfeeding.



For more information visit <https://firstexposure.ca/measles-infection-and-the-mmr-vaccine-in-pregnancy-and-lactation/> or scan the QR code.



This information does not replace the medical care and advice from your healthcare provider. Please contact your healthcare provider for any questions you may have.