

10 March 2025

Dear Student, Parents, Guardians and Staff

Re: Reminder to get your vaccinations updated. Measles is on the rise globally and pertussis (whooping cough) is making a comeback locally.

We would like to remind you to check your family's vaccination records and update your vaccinations as needed. Measles cases are being reported around the world. Please get your measles immunizations up to date, particularly if you are planning on travelling for Spring break. Two doses of measles containing vaccine are needed for everyone born 1970 or later. Children are usually offered these vaccines at 12 months of age and kindergarten entry. While most school age children are immunized, some may have missed their first or second dose during the pandemic. Infants travelling to high-risk areas can get a dose starting at 6 months. Those born before 1970 are considered protected but you may receive one dose if you do not recall a history of measles infection and are travelling to an area with active transmission.

Please also ensure that your family's pertussis immunizations are up to date. Pertussis is a bacterial infection of the lungs that is making a return. While people of any age can get ill, young children who have not been immunized get sicker than older children and adults. Children are offered pertussis-containing vaccines at 2, 4, 6, 18 months, 4-6 years, and in grade 9. Pertussis immunization is also recommended during pregnancy for the protection of newborns.

Adults can be immunized by their family doctor or pharmacist ([Measles, Mumps and Rubella \(MMR\) Vaccines | BC Pharmacy Association](#)). If you are unsure if your child is fully protected against measles, pertussis or other vaccine preventable diseases, please visit [BC Health Gateway](#) or scan this QR code to book an appointment:

<p><b>To check immunization records, visit Health Gateway, or scan this QR code.</b></p>	<p>Check a Record.</p> 	<p><b>To book an appointment to update your child's immunization, visit <a href="https://www.vch.ca/en/services/immunization-clinics">https://www.vch.ca/en/services/immunization-clinics</a> or scan this QR code to find the closest public health clinic (for infants and children) or pharmacy (for ages 4 years and older).</b></p>	<p>Book an Appointment</p> 
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If you have immunization records for you or your child that are not recorded in Health Gateway profile, please submit these online to [immunizationrecord.gov.bc.ca](https://immunizationrecord.gov.bc.ca).

Sincerely,



Dr. Meena Dawar  
Medical Health Officer  
Vancouver Coastal Health