

Updated Visitor Policy: Q&A for Use with Staff and Patients

1. What is the updated visitor policy and what areas does it affect?

The updated policy will impact both Children's Hospital at London Health Sciences Centre and the Women's Care Program.

You can view the most current policy [here](#).

This policy was changed out of abundance of caution, and is to ensure we manage traffic flow and potential risk of exposure as proof of immunity may not be certain at times

We recognize these changes may be distressing to patients and their families. As such, LHSC will continue to closely monitor measles activity in our area so that we can hopefully return to our regular visitor policy soon

2. How can a parent/caregiver who had their vaccines many years ago prove this if they do not know where their vaccine record is?

Vaccination records/confirmation of vaccinations can be obtained through their local health unit or primary care provider.

In general, those born before 1970 are considered immune against measles.

3. Will any exceptions be made on compassionate grounds for caregivers/parents of critically ill children or those nearing end-of-life?

Families can work with their care teams and exceptions will be reviewed on a case-by-case basis.

4. How does someone know if they have immunity to measles?

Vaccines are the best protection against measles and provides immunity.

Two doses of measles vaccine are given to children after their first birthday to provide the best protection.

Some adults may have received only one dose of the vaccine in the past. A second dose of MMR is recommended for anyone born in 1970 or later. In general, those born before 1970 are considered immune against measles.

5. What is LHSC doing to ensure patients, staff and their families are safe when they come into the hospital during this time?

We have updated our visitor policy for our Children's Hospital and Women's Care programs.

Until further notice, only one parent/caregiver will be able to stay with their child while they are receiving care. This applies to all patients who are admitted to hospital, being seen in the emergency department or attending outpatient appointments.

All parent/caregivers will be screened before entering and will not be allowed in if they were recently exposed to or have symptoms of measles, unless they can provide proof of immunity.

6. What should a family do if they suspect a member of their family has measles and need medical attention?

Anyone who thinks they have measles should isolate themselves at home to avoid spreading the virus to others.

If medical care is required, they are asked to call ahead so that their health care provider can put precautions in place prior to their arrival.

Measles is very contagious and spreads through droplets in the air. One infected person can easily and unknowingly spread the virus to an entire room of people.

7. What should a family do if they begin to have symptoms of measles while their child is in hospital or after they've been discharged? Who should they notify?

If you suspect you have contracted measles, reach out to the Middlesex-London Health Unit and your health care provider immediately.

If you have been exposed and are not protected, a vaccine can prevent measles from developing if given within 72 hours (3 days) of exposure. These individuals should contact their health care provider, or the Middlesex-London Health Unit.

8. What are the symptoms of measles?

- Fever, cough and runny nose
- Red, irritated eyes and light sensitivity
- Small white, grey or blue spots in the mouth
- Red, blotchy rash, which is the last symptom to appear. The rash appears on the face and then spreads down over the body and will begin to fade after about a week.

Symptoms can start anywhere from 7 to 21 days after a person has been exposed to the virus. Symptoms usually develop around 10 days after exposure and the rash usually develops 14 days after exposure.

9. Why is this happening? Are the cases coming into LHSC people who are unvaccinated?

We have seen a rise in cases presenting and subsequently in potential exposures. Because of this, we are adapting our plans to support our most vulnerable patients.

10. When can we expect these restrictions to be lifted?

We recognize these changes may be distressing to patients and their families. As such, LHSC will continue to closely monitor measles activity in our area so that we can hopefully return to our regular visitor policy soon.