

- serving clients aged 12—21 years old -

PCI TEEN CLINIC

Take charge of your health...it's your choice!



Teen Clinic Hours:

Monday – Friday 8:00am – 3:30pm

To book an appointment:

TEXT or Call 204-870-0689

Call 204-857-6843 ext. 11609

Book online through [Medeohealth.com](https://www.medeohealth.com) (QR code above)



Jackie
Meulpolder



Receptionist

Dr. Shayne
Reitmeier



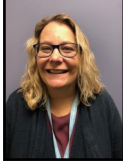
2SLGBTQ+
Care

Rebecca
Krause



Nurse
Practitioner

Tracy
Ediger



Public Health
Nurse

Laine
Hill



Mental Health
& Addictions

Sacha
Grimeau



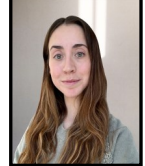
Mental Health
Counsellor

Carly
Gabler



Registered
Dietitian

Sydney
Yeroschak



Registered
Dietitian

All About Measles

What is measles?

- High fever (may spike to more than 104°F)
- Cough • Runny nose • Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin

Measles is very contagious.

Why is the measles vaccine important?

The best way to protect against measles is with the measles, mumps, and rubella (MMR) vaccine. The MMR vaccine is safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective

Did you know?

Measles spreads through the air when an infected person coughs or sneezes. You can get measles just by being in a room where a person with measles has been. This can happen even up to 2 hours after that person has left the room. If one person has it, up to 9 out of 10 people nearby will become infected if they are not protected. You can spread measles to others from 4 days before through 4 days after the rash

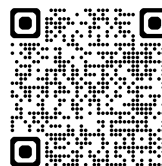


For more information:

Come to PCI Teen Clinic and ask for Tracy

Or call 204-856-2051

*Vaccines also available at primary care providers



Gov. of Manitoba



Health Canada—vaccines