

MEASLES FACT SHEET

What is Measles?

A highly contagious disease caused by the measles virus. Outbreaks occur when unimmunized people become infected and infect others who are not immunized



How is it spread?

Airborne route: Breathing small particles containing virus floating in the air from a person's cough or sneeze.

What are the signs or symptoms?

Fever, cough, runny nose, red watery eyes, and small white spots in the cheek area inside the mouth are all signs of Measles. A rash can also appear at the hairline spreading downward on the body.

Complications: Bacterial pneumonia, brain inflammation, convulsions, deafness, intellectual disability or death.



What are the incubation and contagious periods?

- Incubation period (time from exposure to when you start experiencing symptoms) 8 to 21 days.
- Contagious period is 4 days before the rash until 4 days after the appearance of the rash.

How do you control it?

Immunize according to current schedule - first dose of MMR (Measles, Mumps, Rubella) vaccine when a child is 12 to 15 months of age with a second dose at 4 to 6 years of age. Exclude infected children until 4 days after the rash starts when they are no longer contagious. Infected children should not be cared for in any child care area and should be sent home as soon as possible. They should not be placed in a special room for children who are ill.

Exclude from educational settings?

Yes. Measles is a highly contagious illness for which routine exclusion of infected children is warranted. Unimmunized children should be excluded.

