



Measles (Red Measles, Rubeola)

What is measles?

- A highly infectious disease that is caused by a virus.
- It can cause complications such as pneumonia, ear infections, croup, encephalitis (which can result in permanent brain damage) and death.

How does a person get measles?

- The virus is spread by:
 - Airborne droplets
 - Direct contact with nasal or throat secretions of infected person
 - Indirect contact with items freshly soiled with infected nasal or throat droplets
- Measles is infectious about 3 to 5 days before and 4 days after onset of rash.

What are the signs and symptoms?

- Symptoms occur 7 to 18 days (usually 10 days) after a person has been infected with the virus.
- Early symptoms include fever, cough, sore, red, watery eyes, light sensitive eyes, runny nose/head cold (coryza), and koplik's spots (white specks on the inside of the cheeks, opposite the molars).
- A red blotchy rash, beginning on the face appears 3-7 days after the early

symptoms. The rash gradually spreads downward to the trunk and limbs. This rash lasts 4 to 7 days.

- The disease is more severe in infants.

How is measles treated?

- There is no specific treatment.

How is measles prevented?

- Measles vaccine is available and effective in preventing this disease.
- All children should have 2 doses of measles-containing vaccine.
- Avoid close contact with anyone who has measles infection.
- Those who have had contact with a case of measles should notify Public Health.
- **Do not attend** daycare, school or place of work for at least 4 days after the appearance of the rash.

For more information contact your doctor, the Provincial HealthLine at **811**,
or Population and Public Health at **306-655-4612**
