

# MEASLES

Rubeola



Rubeola, known as measles, is an illness caused by one of the most contagious viruses.

## How does it spread?

- Those with a prior history of infection or who have received the full series of the Measles, Mumps, Rubella (MMR) immunization are 98% protected and are unlikely to contract measles.
- Measles spreads through the air when an infected person breathes, coughs, or sneezes.
- Measles can remain infectious in the air and on surfaces for up to two hours after an infected person leaves an area.
- If 10 individuals without immunity come in contact with measles, up to 9 of them will contract the disease.

## What is the severity?

In some cases, measles may cause severe illnesses including pneumonia or encephalitis. While encephalitis is rare, this swelling of the brain requires hospitalization and intensive treatment. It can cause seizures, hallucinations, permanent brain damage, blindness, hearing loss, and memory loss.

## Who is at highest risk of severe illness?

- Children and adults that are immunocompromised or have underlying health conditions
- Infants under 12 months
- Pregnant women

## Is there treatment?

Since measles is caused by a virus, there is no specific treatment. Medications can help manage symptoms. However, based on exposure time frame, susceptible contacts may be candidates for post-exposure prophylaxis through MMR or immunoglobulin through their health care provider. **Vitamin A** supplementation may be beneficial when administered under the supervision of your health care provider.

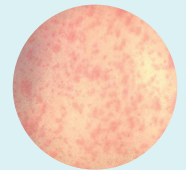
## What should I do if I recognize symptoms?

**Do not** abruptly visit a health care provider without contacting them ahead of time. If you suspect or notice any symptoms, contact your health care provider or local county health department to receive instructions on how to safely seek medical attention without exposing others.

## Symptoms

Measles symptoms appear 7 to 14 days after contact with the virus and include:

- High fever up to 105° F
- Red, watery eyes
- Cough
- Runny nose



MEASLES RASH

The most common symptom of measles is a rash that often develops on the face and neck, but can spread to the entire body.

Measles rash appears 3 to 5 days after the first symptoms.