

## Fast Facts

### Measles (Rubeola)

- Caused by a virus
- Serious illness that can be fatal (it kills 100,000 people a year with most being under 5)
- Virus reproduces in the nose and throat of an infected person, so when they cough, sneeze or talk, tiny droplets are sprayed into the air, which another nearby person can inhale
- Measles can live on surfaces for several hours, so if you touch any surface that the droplets landed on and then touch your mouth, nose or eyes you can contract it
- Highly contagious (if susceptible and exposed, you've got 90% chance of contracting it)
  - Infection occurs in several stages over two to three weeks
  - Incubating period last 10 to 14 days and has no symptoms
  - Nonspecific symptoms phase last 2 to 3 days and has mild symptoms
- Final segment is the rash appearing first on the face and then spreads to the arms and torso before going to the thighs, lower legs and feet (this takes a few days)
  - During rash segment, the fever rises significantly (104–105.8°F)
  - Rash gradually goes away in the same manner that it appeared
- Virus can be spread to others for about eight days (four days before the rash and four days after the rash has been present)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Nonspecific Stage:</i></p> <ul style="list-style-type: none"> <li>-Mild/moderate fever</li> <li>-Persistent cough</li> <li>-Runny nose</li> <li>-Conjunctivitis (pink eye)</li> <li>-Sore throat</li> </ul> <p><i>Rash Phase:</i></p> <ul style="list-style-type: none"> <li>-Small red spots (can appear slightly raised and in clusters making skin look splotchy)</li> <li>-Koplik's spots (tiny white spots that have bluish-white centers with a red background found inside the mouth on lining of the cheek)</li> </ul>	<p>No specific treatment, instead treat symptoms</p> <p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Over-the-counter fever reducers, like acetaminophen, ibuprofen and naproxen (Do not give children under the age of 16 any products that contain aspirin because this has been linked to Reye's syndrome)</li> <li>-Antibiotics for pneumonia, an ear infection or other bacterial infection</li> <li>-Vitamin A supplement</li> </ul> <p><i>Lifestyle Changes:</i></p> <ul style="list-style-type: none"> <li>-Rest</li> <li>-Avoid bright lights by wearing sunglasses or reducing the amount of light you're exposed to (don't read, watch TV or use electronics)</li> <li>-Stay hydrated by drinking plenty of water and fruit juice</li> <li>-Use a humidifier or take a hot shower to add moisture to the air if your throat is sore and cough is bothersome</li> </ul>	<ul style="list-style-type: none"> <li>-Get vaccinated</li> </ul> <p><i>Prevent Spread of Infection:</i></p> <ul style="list-style-type: none"> <li>-Isolate the infected individual</li> <li>-Keep non-immunized people away from them</li> <li>-Disinfect anything that is around the infected individual (ex. surface clothing and linen)</li> </ul> <p><i>For people who aren't immunized and have been exposed:</i></p> <ul style="list-style-type: none"> <li>-Get measles vaccine within 72 hours of exposure or injection of immune serum globulin within 6 days of exposure</li> </ul>

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