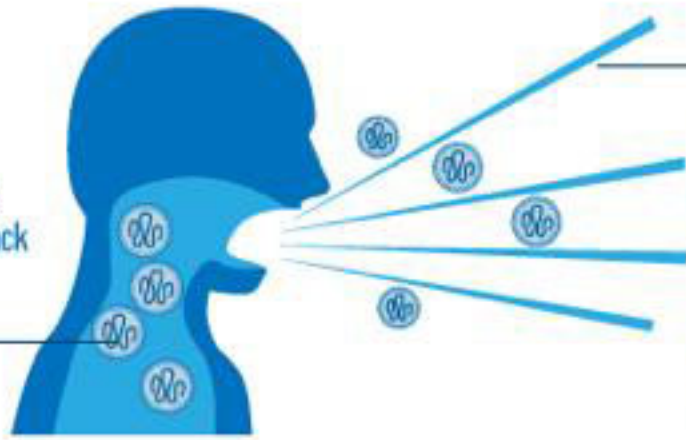


# FACTS ABOUT MEASLES

## CAUSE

a virus that grows in the cells that line the lungs and the back of the throat.



## HOW IT SPREADS

by coughing and sneezing, close / direct contact

The virus remains active and contagious in the air or infected surfaces for up to 2 hours. It can be transmitted by an infected person from 4 days prior to the onset of the rash to 4 days after the rash erupts.



## SIGNS AND SYMPTOMS

### \* high fever

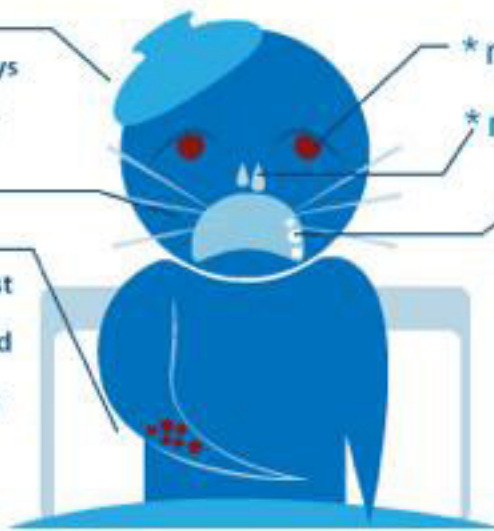
This begins 10 to 12 days after you're exposed to the virus, and lasts four to seven days.

### \* cough

### \* rash

It starts to manifest first on the face and upper neck. It will then spread in three days, down to hands and feet. Rash is itchy, and may appear as flat and discolored areas (macules) and solid, red, and raised areas (papules).

This will last for five to six days, then fades.



\* red, watery eyes

\* runny nose

\* small white spots inside the cheeks

## WHO ARE AT RISK?

\* unvaccinated young children, pregnant women  
\* anyone who has not received immunization, or those who did but did not develop immunity

## TREATMENT

While there is currently no antiviral medicine for the measles virus, treatment is comprised of easing the symptoms (especially the fever) until the immune system gets rid of the infection. Keeping the patient hydrated and well-rested is important.

Some children with measles may also need Vitamin A supplements to reduce the risk of complications.

## PREVENTION

Routine vaccination, especially for children.



## DO PEOPLE DIE FROM MEASLES?

Yes, through complications associated with the disease, more common in children under five years old and adults over 20, which include:

- \* encephalitis (an infection that causes brain swelling)
- \* severe diarrhea, dehydration
- \* severe respiratory infections (i.e. pneumonia)



## CAN YOU GET MEASLES TWICE?

Once you recover from measles, your body's immune system is built to fight the infection. **It is most likely that you will not catch it again.**

