

MEASLES

Symptoms to Watch for:

- Koplik spots - whitish, grayish, or bluish spots in the mouth
- Fever
- Red, watery eyes
- Runny nose
- Cough
- Rash - begins on face, spreading to the neck, upper trunk, lower trunk, and extremities



FAQ

- Children ages 6-11 months can receive a dose of MMR; second and third doses are needed at 12 months and 4 years of age.
- Two doses of MMR vaccine provide 97% protection.
- There is no measles-only vaccine for children.
- Immunoglobulin is not available.
- Vitamin A may help reduce symptom severity but does NOT prevent measles or reduce long-term complications (like SSPE)

Transmission and Incubation:

- Measles is extremely contagious. An unvaccinated individual exposed to measles has a 97% chance of contracting the disease.
- Individuals are contagious from 5 days before the appearance of the rash to 4 days after.
- The incubation period is 6-21 days.
- Infected individuals may be asymptomatic during the incubation period.

Rash:

- Appears as red, raised spots and can cause discomfort or itching.
- Typically appears 2-4 days after the onset of fever.
- Begins on the face, spreading to the neck, upper trunk, lower trunk, and extremities.
- Darkens to a brownish color after 3-4 days.
- Usually lasts 6-7 days and fades in the order it appeared.

Complications:

- Pneumonia, ear infections, croup
- Swelling in the brain (encephalitis), hemorrhagic measles (severe infection)
- Subacute sclerosing panencepholitis (SSPE) - a fatal brain disorder caused by the reactivation of dormant measles, typically 7-10 years after initial infection.