

MEASLES



WHAT IS MEASLES?

- A serious infection caused by a virus.
- Begins with high fever, cough, runny nose, and red eyes, followed by a rash.
- Lasts for one to two weeks.
- Can require hospitalization.
- Measles was a common childhood illness but due to routine immunization, now very few children get measles.
- 1 in 10 cases of measles result in complications of an ear infection or pneumonia.
- 1 in 1000 cases of measles can cause encephalitis (infection of the brain).
- 1 in 3000 cases result in death.

HOW IS IT SPREAD?

- Spreads easily from person to person through the air.

WHEN IS IT CONTAGIOUS?

- Contagious from 4 days before the rash appears, and up to 4 days after that.

WHAT CAN PARENTS DO?

- There is no treatment but it can be prevented with immunization. Children receive two MMR (measles, mumps, rubella) immunizations, and adults who travel may need an additional immunization.
- Contact your physician if you or your child is experiencing the symptoms described above. Please call ahead and let the health care provider know you are coming and that you suspect measles. The health care provider can then take precautions in their office.
- If your child has measles he or she should not return to the child-care facility/day camp until at least 4 days after the rash begins.

FOR MORE INFORMATION

Contact the Health Unit at 1-800-660-5853 or visit www.healthunit.org

Source: Canadian Paediatric Society