

NIPAWIN HOSPITAL

MEASLES

DESCRIPTION:

- A serious infection caused by a virus.
- Children with measles have a fever, cough, runny nose, sore throat, headache and watery red eyes.
- After about three days of flu-like illness they get a blotchy rash. The rash starts as a few red spots on the head and face. The spots join together to form a rash that spreads to the body, arms and legs.

Measles can lead to complications such as:

- ear infection
- pneumonia
- encephalitis (inflammation of the brain)

The measles virus is spread:

1. Through the air from an infected individual who coughs or sneezes.
2. Through direct contact, when a child with measles touches his/her saliva or runny nose and then another child.
3. Through indirect contact when articles freshly soiled with secretions from the nose or throat of a child with measles are touched by another child who then touches his nose or mouth.

A child with measles is infectious from 3 - 5 days before, and up to 4 days after the rash appears.

Treatment: Measles is a viral infection. Antibiotics have no effect on viral infection. There is no medication that cures measles.

Prevention: Immunization with measles vaccine starting at one year of age and older for children and adults who are not immune.

Things Parents Can Do:

If your child has been exposed to measles check their immunization record. If they have received measles vaccine or MMR it is unlikely they will develop measles.

If your child has not had vaccine or MMR contact your physician. The Doctor may give an injection of immune globulin (to prevent the disease from developing). Three months after the immune globulin injection the child should start the measles vaccination series.

If you think your child has measles contact your physician.

Keep the child at home, and treat as for flue, lots of rest, encourage fluid intake, use Tylenol (for age) to control fever. **NO ASPIRIN**. If the eyes are sensitive to light, darken the room (and limit T.V. watching).

Contact your physician if the child develops:

- A high fever after the rash appears 39°C (102°F)
- Excessive sleepiness
- Excessive crankiness or fussiness
- Rapid breathing or difficult breathing
- Persistent frequent cough or complains of an earache

