

Red Rash

Measles Information

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The Reader Will Be Able To...

- List three symptoms of measles.
- Recall two ways measles can be transmitted
- Describe three complications of measles.
- Identify three ways to prevent measles.



From The Health Commissioner...

"Vaccination is the best protection
against measles,"

Gregory Larkin, M.D.
Indiana State Health Commissioner



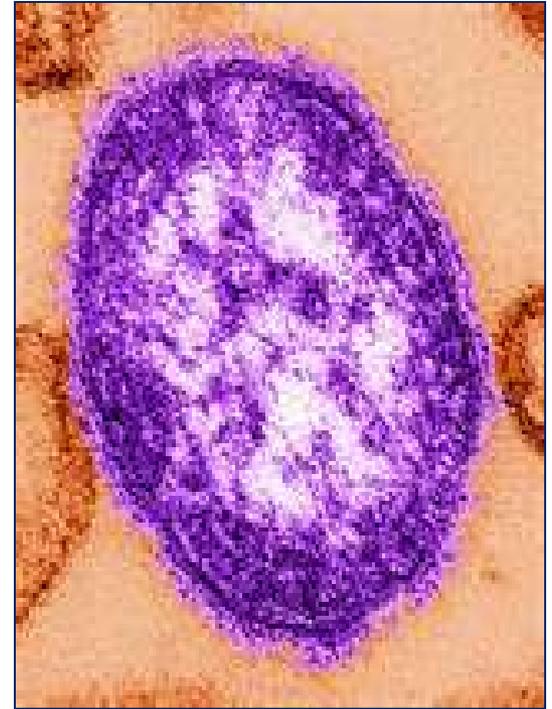
How We Develop Measles...

- The highly contagious measles virus is often brought into the United States by travelers or people from other countries.
- Each imported measles case could start an outbreak, especially if undervaccinated groups are exposed.



Measles Is...

- Measles is caused by infection with the *Rubeola Virus*.
- The virus lives in the mucus of the nose and throat of an infected child or adult.
- Measles is a respiratory disease caused by a virus.



Source: mylocalhealthguide



Risk Of Developing Measles...

- No vaccination:
 - People who have not received the vaccine for measles are much more likely to develop the disease.
- International travel:
 - Unvaccinated people traveling to developing countries, where measles is more common, are at higher risk of catching the disease.
- Vitamin A deficiency:
 - People who don't have enough vitamin A in their diets are more likely to contract measles and to have more-severe symptoms.



Transmission of Measles...

- Measles is highly contagious and can be spread to others from four days before to four days after the rash appears.
- Measles is so contagious that one infected person will infect 90% of the non-immune people who come in contact with this person.
- The virus lives in the mucus in the nose and throat of the infected person.



Transmission of Measles...

- When an infected person sneezes or coughs, droplets spray into the air.
- The droplets can get into other people's noses or throats when they breathe or put their fingers in their mouth or nose after touching an infected surface.
- The virus can live on infected surfaces for up to 2 hours and spreads so easily that people who are not immune will probably get it when they come close to someone who is infected.



What Are The Symptoms Of Measles?

- The symptoms of measles generally begin about 7-14 days after a person is infected, and include:
 - Blotchy rash
 - Fever
 - Cough
 - Runny nose
 - Red, watery eyes (conjunctivitis)
 - Feeling run down, achy (malaise)
 - Tiny white spots with bluish-white centers found inside the mouth (Koplik's spots)



Symptoms Of Measles...

- A typical case of measles begins with mild to moderate fever, cough, runny nose, red eyes, and sore throat.
- Two or three days after symptoms begin, tiny white spots (Koplik's spots) may appear inside the mouth.
- Three to five days after the start of symptoms, a red or reddish-brown rash appears.



Koplik's spots



The Rash...

- The rash usually begins on a person's face at the hairline and spreads downward to the neck, trunk, arms, legs, and feet.
- When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit.
- After a few days, the fever subsides and the rash fades.



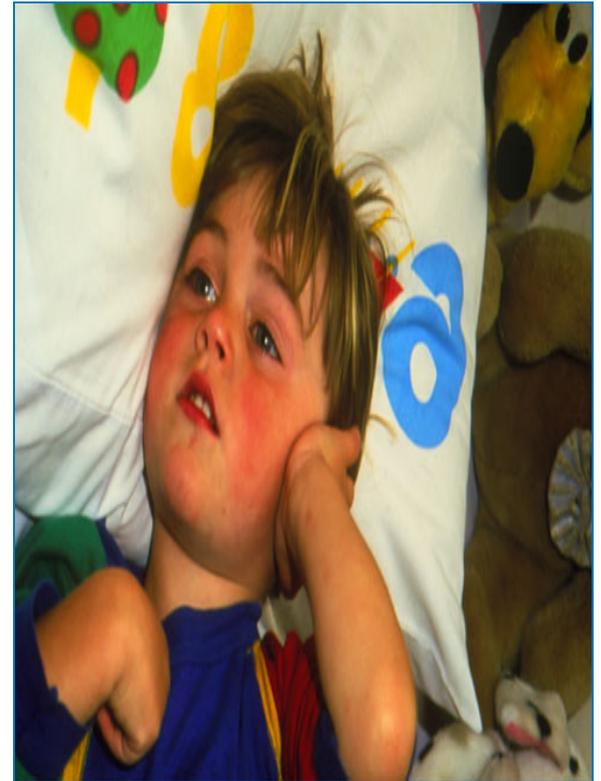
Complications Of Measles...

- Approximately 30% of reported measles cases have one or more complications.
- Complications of measles are more common among children younger than 5 years of age and adults 20 years of age and older. (The Pink Book)



Complications Of Measles...

- Ear infection:
 - One of the most common complications of measles is a bacterial ear infection.
- Bronchitis, laryngitis or croup:
 - Measles may lead to inflammation of your voice box (larynx) or inflammation of the inner walls that line the main air passageways of your lungs (bronchial tubes).
- Pneumonia:
 - Pneumonia is a common complication of measles. People with compromised immune systems can develop an especially dangerous variety of pneumonia that is sometimes fatal.



Complications Of Measles...

- Encephalitis
 - About 1 in 1,000 people with measles develops encephalitis, an inflammation of the brain that may cause vomiting, convulsions and, coma or even death. Encephalitis can closely follow measles, or it can occur months later.
- Pregnancy problems
 - Pregnant women need to take special care to avoid measles, because the disease can cause pregnancy loss, preterm labor or low birth weight.
- Low platelet count (thrombocytopenia)
 - Measles may lead to a decrease in platelets — the type of blood cells that are essential for blood clotting.



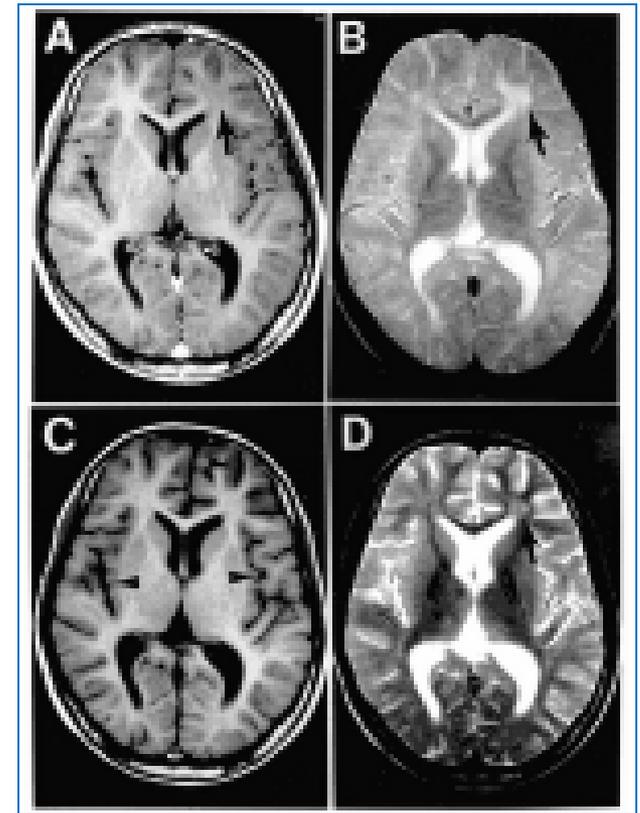
What To Do If You Think You Are Infected...

- If you are experiencing the symptoms of measles, stay home and call your doctor.
- Be prepared to describe your symptoms and alert your doctor if you think you have been in contact with an infected person.
- If you are ill with measles, remain home and away from others, especially unvaccinated people with diseases affecting their immune systems, and pregnant women.



Complications Of Measles...

- Subacute sclerosing panencephalitis (SSPE) is a very rare, but fatal degenerative disease of the central nervous system that results from a measles virus infection acquired earlier in life.
- The first signs of SSPE may be changes in personality, a gradual onset of mental deterioration and myoclonia (muscle spasms or jerks)
- Death



Test For Measles...

- A blood test is performed to look for antibodies in the blood for measles.
- If antibodies are found, you may:
 - Have a current infection
 - Have been infected in the past
 - Have immunity and are unlikely to become sick



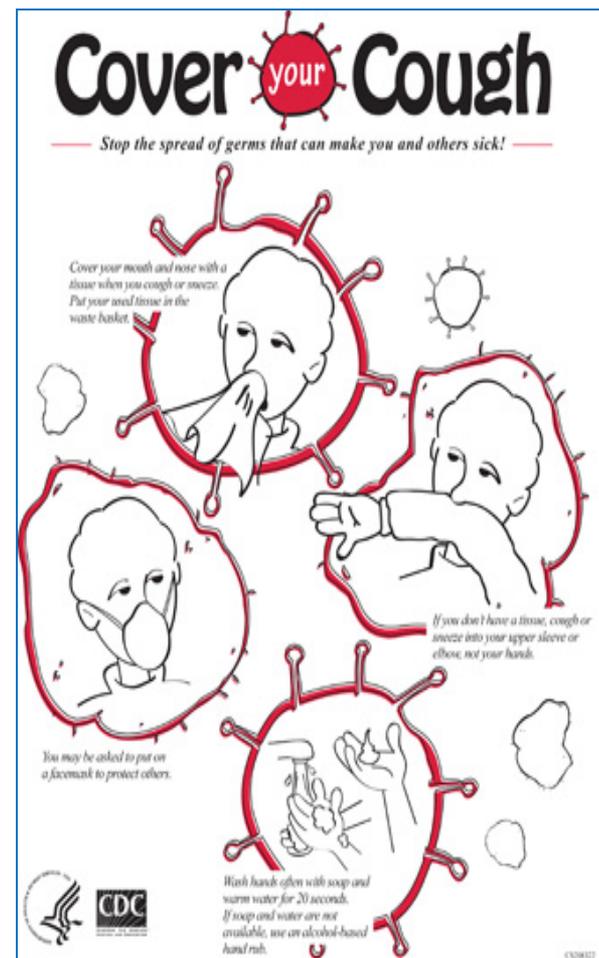
Treatment...

- There is no specific treatment for the measles
- The following may relieve symptoms:
 - Keep the room dark
 - Don't smoke around the person
 - Give fever reducing medications
 - Bed rest
 - Humidified air
 - Keep hydrated



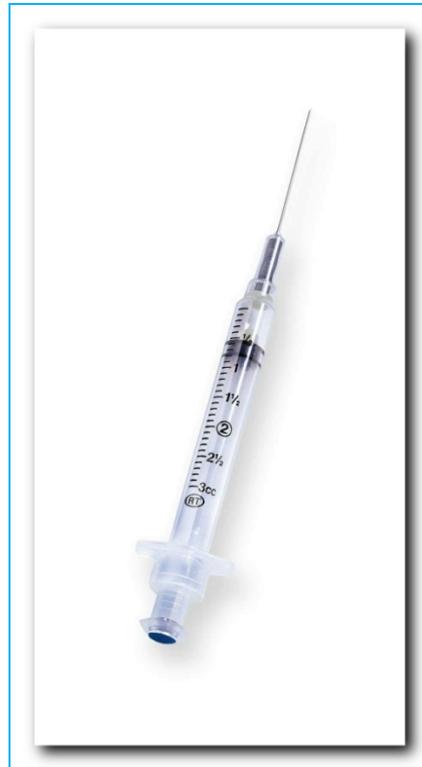
Prevention...

- Cover your cough.
- Good handwashing
- Routine immunization is highly effective for preventing measles.
- Two vaccines that can be used to prevent measles:
 - [MMR](#)
 - [MMRV](#)
 - [Immunization Schedules \(Birth-6 years old\)](#)
 - [Immunization Schedules \(7 years -18 years\)](#)



Course Evaluation

Please click on the syringe below.



Source...

- Centers for Disease Control
- Immunization Action Coalition
- Indiana State Department of Health
- Mayo Clinic
- PubHealthMed

