

Do you want to know?

Measles

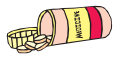
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What is it?

Measles is an acute viral disease which can easily spread from one person to another, usually acquired during childhood. The disease starts with high temperature, inflammation of the eyes, coughing, inflammation of the lungs and spots on the inner side of the mouth.. A characteristic red rash appears on the third to seventh day, beginning on the face, then spreading to the rest of the body and lasts 4 to 7 days. It is transmitted from person to person through air droplets (sneezing, coughing) or direct contact with nasal or throat secretions of infected persons (kissing, sharing of eating utensils). Most patients are ill for about 7 days; 3 before the rash starts, and 4 while the rash is breaking out. The rash starts to fade in another 3 days with a decrease in the elevated temperature.

What do you need to know?

Drugs



- Take the recommended medications as prescribed by your physician.
- Use medication to control your temperature.

Diet



- Increase fluid intake to prevent dehydration.
- Continue to eat a balanced diet to compensate for energy loss and enhance recovery.

Activity



- Maintain adequate rest during acute illness to conserve energy.
- Stay in bed when your temperature is high.
- Stay away from school or workplace for at least 4 days after appearance of the rash to prevent transmission of infection to others.



Therapeutic Measures

- Drink plenty of fluids, do sponge baths and take medication to lower your elevated temperature.
- Wash the eyes by splashing warm water and wipe by using a clean, wet wash cloth. Avoid rubbing of eyes.
- You may experience fear of light. Keep lights dim or room darkened. Sunglasses may also be helpful.
- Humidify the air with a cool mist vaporizer or a pan of vaporizing water set in the room to ease coughing.
- Do not get exposed to infected visitors to limit exposure to additional microbes.



Considerations

- The following symptoms of complications should be reported: ear pain, abdominal pain, nose bleeds or bruising, shortness of breath, headache, continued high temperature, seizures (jerking, staring) and/ or changes of consciousness.
- All people who have not had the disease or who have not been successfully immunized are susceptible. Susceptible contacts should be immunized within 72 hours of exposure.
- Pregnant women should avoid contact with infected persons to prevent possible infection during pregnancy.
- Precautions to prevent transmission to people in contact may be recommended by your physician.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.