

Measles

Measles (also called rubeola, red measles, or hard measles) is a serious illness that can be prevented by immunization. Today, measles is occurring more often in preschoolers and young adults who are not adequately immunized.

CAUSE: Measles virus

SYMPTOMS: The first symptoms seem like those of a cold with a fever (101°F or greater), watery eyes, runny nose, and cough. A red blotchy rash appears on the thirds to seventh day, beginning on the face and spreading down the trunk and out the arms and legs. The rash usually lasts four to seven days. Measles is sometimes complicated by an ear infection, pneumonia, or diarrhea. Death is rare.

TRANSMISSION: Airborne, by droplets that are expelled during sneezing and coughing. The virus can sometimes float in the air and infect other for about an hour after a person with measles leaves the room. It can also be spread, less commonly, by articles freshly soiled with nose and throat secretions.

INCUBATION: It usually takes 7 to 18 days from the time a person is exposed until the symptoms develop. The average interval from exposure to rash appearance is 10 days.

CONTAGIOUS PERIOD: From 3 to 5 days before onset of rash until 4 days after the appearance of the rash.



EXCLUSION



REPORTABLE

Until 4 days after the rash appears.

PROVIDER: This disease is reportable to the health department. In Hall, Hamilton, or Merrick County call (308) 385-5175. Outside counties call your local or state health department

SCHOOL/CHILD CARE FACILITY: Report all confirmed cases or suspected cases.

PARENTS/GUARDIANS: Inform you child care provider if your child has this illness.

Prevention & Control

1. Nebraska State law requires that all children enrolled in child care setting or schools be vaccinated by age-appropriate immunization against measles. This vaccine is usually combined with mumps and rubella.
2. Adults born on or after January 1, 1957 who have not had 2 doses of measles vaccine after 12 months of age should be re-immunized.

For more information, you or your physician may call the Central District Health Department at 385-5175, or your local health department.