

MEASLES

(Rubeola, Hard measles, Red measles)

<i>What is measles?</i>	Measles is a viral illness that was commonly see prior to 1957 and the development of the measles vaccine. Most people born prior to 1957 are assumed to be immune.
<i>How is it spread?</i>	Measles virus found in the nose and throat of infected persons and it is spread through the air by droplets when they cough or sneeze.
<i>What is the incubation period?</i>	The time of exposure to the onset of symptoms is 7-21 days, usually 10-14 days for the rash to appear.
<i>What are the early signs?</i>	It begins with a fever that lasts for a couple of days, followed by a cough, runny nose, and conjunctivitis (pink eye). A rash starts on the face and upper neck, spreads down the back and trunk, and then extends to the arms and hands, as well as the legs and feet. After about five days, the rash fades in the same order it appeared.
<i>What about contacts?</i>	Contacts who have not received two doses of vaccine and were born after 1956 should contact their health care provider to receive vaccine within 72 hours of exposure or immune globulin (IG) within 6 days. Contacts who were born after 1956 and have not received 2 doses of vaccine should be excluded from school.
<i>How long is the person contagious?</i>	The person is commonly infectious from 4 days prior to the rash to 4 days after the rash.
<i>When is it OK to return to school?</i>	The infected child should stay home until they are well and at least 5 days after the onset of the rash. They need a note from their physician to return.
<i>What else should I know?</i>	<ul style="list-style-type: none"> • School-age children should have 2 doses of MMR vaccine given on or after their first birthday. • Parents who sign waivers should be informed that their child will be excluded from school if a case of measles is reported. • Schools are required to report suspected cases of measles to the health department. Cases should be confirmed by a physician and blood test.

This fact sheet is not intended to replace the advice of your physician. Parents should contact their healthcare provider if they have concerns regarding their child's health. If you have general questions, you may contact a Kalamazoo County nurse at 373-5264 or 373-5267.

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