



# KALAMAZOO COUNTY GOVERNMENT

In the Pursuit of Extraordinary Governance...

## FACT SHEET MEASLES

(Rubeola, Hard measles, Red measles)

<b>What is measles?</b>	Measles is a highly contagious viral illness that was commonly seen before 1957 and the development of the measles vaccine.
<b>How is it spread?</b>	Measles virus is found in the nose and throat of infected people and spreads through the air when they cough or sneeze. People that are not immune can catch measles by breathing infected air up to two hours after someone coughed or sneezed, or by touching a contaminated surface and then touching their mouth or eyes.
<b>What is the incubation period?</b>	The time of exposure to the onset of symptoms is 7-21 days; it usually takes 10-14 days for the rash to appear.
<b>What are the early signs?</b>	A fever that lasts for a couple of days, followed by a cough, runny nose, and pink eye. A rash starts on the face and upper neck, spreads down the back and trunk, and then extends to the arms, hands, legs, and feet. After about five days the rash fades in the same order it appeared.
<b>What about contacts?</b>	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. They should be excluded from school/daycare until vaccinated.
<b>How long is the person contagious?</b>	The person is usually infectious from 4 days before the rash starts to 4 days after the rash goes away.
<b>When is it OK to return to school/daycare?</b>	The infected child should stay home until they are well and <i>at least</i> 4 days after the onset of the rash. A note from the child's doctor is required for return to school/daycare.
<b>What else should I know?</b>	<ul style="list-style-type: none"> <li>• School-age children should have 2 doses of MMR vaccine given on or after their first birthday.</li> <li>• Parents who sign waivers should be informed that their child will be excluded from school if a case of measles is reported.</li> <li>• Schools are required to report suspected cases of measles to the health department. Cases should be confirmed by a doctor and blood test.</li> </ul>

*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 373-5022 or 373-5267.*

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