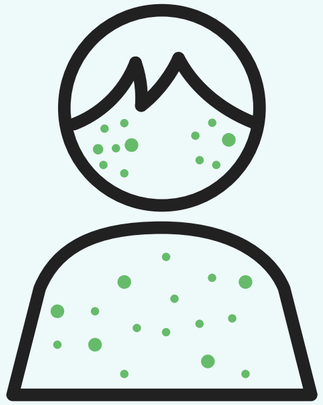
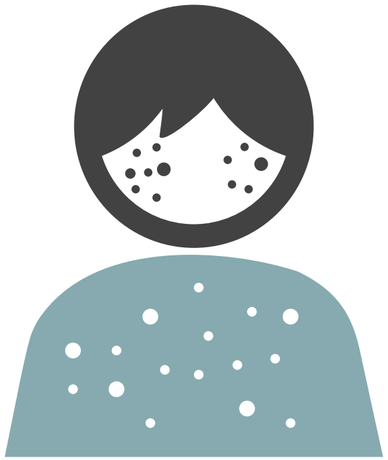


Measles

What is Measles?

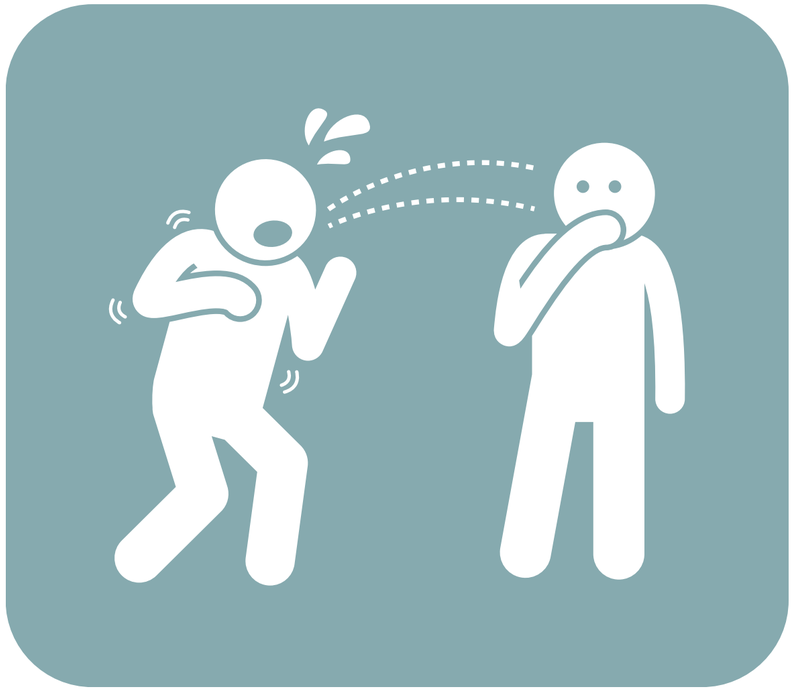
- Measles is a highly infectious virus, and globally still one of the leading causes of childhood mortality.
- It is caused by a virus in the family paramyxovirus, genus Morbillivirus.



What are modes of transmission of Measles?

Measles spreads by direct contact with nasal or throat secretions of infected individuals .

It can also be transmitted by breathing in droplets that are sprayed into the air when an infected person sneezes, coughs or talks.



Symptoms of Measles:

Headache

Low grade fever

Skin rash

Redness and watery eye discharge

Cough

Runny nose

Enlarged lymph nodes

Who is at high risk of developing Measles?

Unvaccinated children

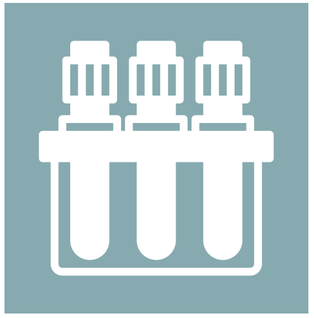
Unvaccinated pregnant women

Immunocompromised individuals

How do I know that I have measles?

Confirmation by laboratory test include: collection of urine, blood serum and nasopharyngeal mucus swab

Collection of urine



Collection of blood serum

Nasopharyngeal mucus swab

Complications of Measles:

Blindness

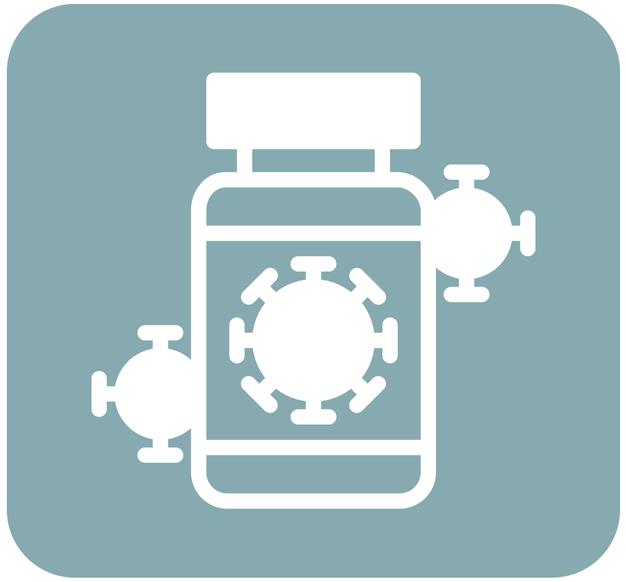
Severe diarrhea

Brain infection

Lung infection

What are the available treatments?

- No specific anti-viral treatment exists for measles virus.
- The virus and symptoms typically disappear in about two or three weeks.
- Symptoms and the chance of complications can be reduced by following the doctor's instructions.



What are the available treatments?

Your doctor may recommend the following to help you recover:

Antipyretic and non- steroidal anti- inflammatory to reduce fever

Vitamin A supplements

Drinking plenty of fluids

Using humidifier to ease a cough and sore throat

Resting to boost the immunity

How to prevent Measles?

The only way to prevent measles is to get the measles, mumps, and rubella (MMR) vaccine.

- One MMR vaccine provides around 93% protection against measles.
- A Second booster helps to improve the effectiveness of the measles vaccine to more than 97%.

The risk of not taking the MMR vaccine:

- Higher risk of the child getting infected with serious complications
- Higher risk of spreading the disease
- Increase in the possibility of outbreaks in the community
- Increase in mortality rates

Protect Yourself