

MEASLES

Measles is a **very contagious** viral disease. It is spread through the air (when an infected person coughs or sneezes) or by direct contact with a contaminated surface.

Those at **highest risk for contracting** measles include unvaccinated people (including babies too young to be vaccinated), travelers to areas where measles is circulating, and health care workers.

Symptoms include:

- High fever
- Cough
- Runny nose
- Red, water eyes
- Rash, often beginning on face at the hairline and spreading downward to the neck

Symptoms generally appear about seven to 14 days after a person is infected.

Measles can cause serious health complications, such as middle ear infections, convulsions, encephalitis (inflammation of the brain), pneumonia, and death on rare occasion.

If you think you have been exposed to measles or if symptoms develop, **immediately call your healthcare provider**. They will be able to provide confirmatory testing and appropriate guidance on treatment. If you go see a provider in person, notify your provider that you have been exposed to measles **before you arrive**.

Anyone who has been vaccinated with the measles, mumps, rubella (MMR) vaccine is well-protected against the virus. Most children receive two doses of the MMR vaccine before starting kindergarten in Louisiana. Women who are pregnant or think they may be pregnant should not receive the vaccine. Certain individuals who have a weakened immune system due to diseases like cancer and HIV/AIDS or certain medical treatments also should not get an MMR vaccine. Talk to your healthcare provider if you are unsure if you have received an MMR vaccine, and about whether the MMR vaccine is right for you.



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