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## Measles (Rubeola, 10-day measles)

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**Description:** Measles is a highly contagious and serious viral illness that may cause serious complications such as pneumonia and inflammation of the brain.

**Symptoms:** Early symptoms include fever, tiredness, cough, runny nose and inflamed eyes. These symptoms usually worsen over three days. The cough tends to be worse at night. Eye inflammation may result in avoidance of light. The fever lasts two-four days. At this stage, there may be small white spots on a red base present inside the mouth and on the cheek. By the third to seventh day, a rash begins at the hair line and in 24-48 hours spreads over the entire body. Once the legs are involved, the rash on the head and face begins to fade. The rash is usually gone after six days. Measles usually last about 10 days. The cough may be the last symptom to disappear. A child with measles feels quite ill.

**How it is Spread:** It is spread by direct contact with nasal or throat secretions of infected persons and by airborne spread (being in the same room with someone who has measles.)

**Incubation Period:** 12-17 days, usually 14 days until the rash appears.

**How Long Can a Person Pass the Infection To Others?** It can be spread to others one-two days before symptoms (three-five days before the rash) and through the fourth day after the rash appears. Children with measles should be kept away from others for five days after the onset of the rash.

### Responsibilities of Parents and Caregivers:

- Notify the local health department of suspected measles. Measles is rare so consult with the local health department immediately if seen. (See ODH Communicable Disease Chart)
- One case of measles is considered an outbreak.
- Do not accept new children for care until two weeks after the last case of measles.
- Ask parents to notify caregiver of their child's illness.

### Control of Spread:

- Exclude the child from child care for at least five days after the onset of the rash.
- Un-immunized children and staff who have been exposed to measles may receive vaccine.
- Exclude children who do not receive the vaccine until the outbreak is under control (minimum of two weeks from the last case).
- Observe all children closely for any symptoms.
- Caregivers should consult their physician to determine whether they need to be immunized.

**Treatment:** There is no treatment available.

**Comments:** Measles is prevented through immunization with the measles – mumps – rubella (MMR vaccine). Children should be immunized against these diseases at 12 months of age. A second MMR vaccine is required at 4-6 years of age, before entering kindergarten. The vaccine gives long-lasting immunity (protection).