



Measles

Measles is a serious disease caused by a very infectious virus. It can be dangerous, especially for babies, young children and pregnant women.

Catching measles

Measles spreads easily when an infected person breathes, coughs or sneezes.

The virus can stay in the air and on surfaces for up to 2 hours. You can catch measles just by being in a room where an infected person has been, even up to 2 hours after they have left.

A person with measles can spread the infection in the 4 days before they get the rash until 4 days after the rash appears.

Symptoms of measles



rash



fever



loss of appetite



sore, red eyes



cough

Other early symptoms include sneezing and a runny or blocked nose. A person with measles will feel very unwell. They will have to spend about five days in bed and will be off school or work for around 2 weeks. There is no treatment or cure for measles.

If you think you might have measles, it's important to call your GP surgery. You will need to stay away from other people to avoid spreading the disease.

Treatment of measles

There is no treatment for measles. Doctors usually treat the fever and advice rest whilst your body fights the virus.

Possible long-term complications of measles



hearing loss



blindness



pneumonia



encephalitis



brain damage

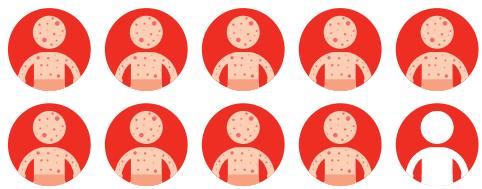


death

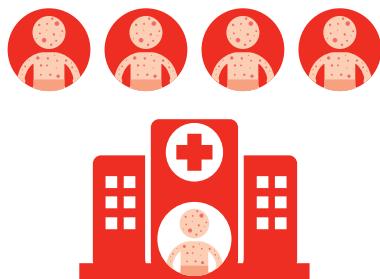
If you get measles when you're pregnant, it could harm your baby. It can cause miscarriage or stillbirth, premature birth, or your baby having a low birthweight.

Measles in numbers

9 out of 10 unvaccinated people will catch measles if they come into contact with an infected person.



1 in 5 people with measles will be admitted to hospital.



1 in 15 children with measles will get one or more complications.



1 in 5,000 people with measles is likely to die.

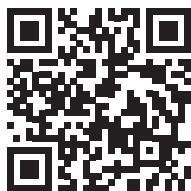


Preventing measles

The best way to prevent measles is by vaccination following the UK Routine Immunisation Schedule.

If any doses from the schedule are missed, contact your GP practice who can advise you and book the necessary vaccine(s).

NHS Measles Webpage



UKHSA Measles Guidelines Webpage



Oxford Vaccine Knowledge Measles Webpage



DISCLAIMER: This document is not to be used as a tool for diagnosing a child or adult with measles. If you or your child have any of the above symptoms, contact your GP or call 111 right away.

Developed by NHS North Central London Integrated Care Board.