

SYMPTOMS

The symptoms appear 10-12 days after contact with the virus:

- **Cough.**
- **Runny nose (coryza)**
- **High fever**
- **Red and Watery eyes**

After 3 to 5 days from the first symptoms, appears the Measles rash and may appear tiny white spots inside the mouth.

The measles rash usually begins as flat red spots that appear on the face, at the hairline and spread downward the neck, torso, arms, legs, and feet. Measles can be dangerous, especially for babies, young children and people with weakened immunity.

The most severe complications are blindness, encephalitis, severe diarrhoea with dehydration, and respiratory infections (Pneumonia)



TRANSMISSION

Virus Distribution and Spread

Measles is caused by a highly contagious virus that spreads from person-to-person via infectious droplets through coughing or sneezing. Measles virus is a human disease, Measles virus is not spread by any others animal species.

RECOMMENDATION

Prevention

- Prevention is through vaccination.
- Ensure you are immune to measles before travelling. People are immune if they have had the disease before or if they have had two doses of measles vaccine.
- Keep babies, young children, people with weakened immunity and other people who are not immune to measles away from outbreak areas.
- If you are unsure about your immunity and may have been exposed, or if you develop symptoms, seek medical attention. Call before visiting in person, so staff can protect themselves and other patients from this very contagious virus.