



Measles

Measles, also known as rubeola, is an infection caused by a virus. The **symptoms** are:

- + Fever.
- + Tiredness.
- + Loss of appetite.
- + Sneezing.
- + Runny nose.
- + Hacking cough.
- + Light hurting your eyes.
- + Tiny white spots in the mouth.
- + A blotchy red rash on the forehead and around the ears that spreads to the body.

Measles spread very easily and can be caught by coughing and sneezing. After exposure, it takes 7 to 14 days for the rash to appear. You are considered contagious from the time of exposure until about 4 days after the rash appears. You are most contagious while you have a fever, runny nose, and cough.

HOW TO CARE FOR YOURSELF AT HOME

There is no specific treatment for Measles, the symptoms will pass on their own. Most people start feeling better about 2 days after the rash starts. Many people have a cough for 1 or 2 weeks after the rash goes away.

- + Use acetaminophen (Tylenol) to help fever and discomfort.
- + **Keep away from persons who have never had measles or who have not had the measles vaccine.**
- + Rest as much as possible and get lots of sleep.
- + Drink plenty of fluids (water, juice, clear soups, jello).
- + Eyes may be sensitive to light for a few days, so **DO NOT** watch TV or read until feeling better and the eyes are not red and sore.

- + Stay home from school or work until the fever, runny nose, cough and rash are gone (usually about 7 days).
- + Wash your hands often. **DO NOT** share towels, eating utensils and other personal items.

WHEN TO GET HELP

Go to the nearest Emergency Department if you experience any of the following:

- + Trouble breathing or rapid breathing.
- + Seizure (convulsion).

See your family doctor if you are experiencing any of the following:

- + Severe headache or an earache.
- + Temperature over 39.4 °C (103°F) not responsive to acetaminophen.
- + Cough that lasts more than 4-5 days or coughing that brings up thick discolored phlegm.

TO LEARN MORE ASK

- + Your family doctor.
- + HealthLinkBC - call 8-1-1 (7-1-1 for deaf or hard of hearing) or go online to www.HealthLinkBC.ca

RECOMMENDED FOLLOW UP

- ☐ Follow up with your primary care provider in ___ days.

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Find this information sheet on the Emergency Care BC website:
EmergencycareBC.ca/clinical_resource/measles/