



MEASLES (Rubeola)

What is measles?

- Measles is a respiratory disease caused by a virus

What are symptoms that could occur?

- Hard dry cough
- Sneezing or runny nose
- Watery or red eyes
- Fever which rises when rash appears (101° F or higher)
- Appears red, raised, blotchy; starts on face, spreads to trunk, arms and legs
- Tiny white spots on the inner cheeks, gums, and roof of the mouth surrounded by redness

How is it spread?

- Easily spread by droplets from the nose, throat and mouth through sneezing, coughing and speaking
- Most common in late winter and early spring
- Symptoms usually begin 10 – 15 days after exposure
- The rash usually appears 10-15 days after exposure

Is it contagious?

- Measles is highly contagious
- A person can spread measles up to 4 days before and 4 days after the rash appears
- Virus stays in the air for up to three hours

How is it diagnosed and treated?

- Primary care provider evaluation including laboratory work to confirm diagnosis
- Treatment includes bed rest for at least 4 days after the rash appears

How can measles be prevented?

- Measles vaccine is effective in preventing the disease and is part of the MMR series
- All children attending day care and school are required to have 2 doses of measles containing vaccine (MMR).
- Pregnant women should not receive live vaccine.
- All susceptible women of child-bearing age should keep out of contact with those who have measles

Are there complications?

- Otitis media
- Pneumonia
- Encephalitis (swelling of the brain) is rare, but serious
- Loss of fetus during pregnancy

Should the sick child be isolated?

- The person should be kept away from other people
- Schools are required by law to exclude from daycare and school those children with only 1 or no documentation of MMR

Genesee County Health Department
630 S. Saginaw Street
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Are there reporting requirements?

- Schools are required to report suspected and/or confirmed cases of measles immediately to the Genesee County Health Department (GCHD) at 257-1017. Schools should have vaccine history available to include with the report.
- Genesee County Health Department will notify the school when a case is confirmed. Further direction will be given at that time.

When can the child return to day care or school?

- Upon recovery of symptoms with a minimum 7 days

Should schools do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended.

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-3612

This fact sheet is for information only and is not meant to be used for self diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider.