

MEASLES

An estimated 136 000 people died from measles in 2022. Most of the deaths are of children who were under the age of 5-years. - WHO



WHAT IS MEASLES

- It is a highly contagious disease caused by the measles virus.
- A person who is not immune to measles can get it from an infected person.

TRANSMISSION

- Measles is spread by contact with saliva or mucus droplets from the mouth or nose of an infected person when they breathe, cough or sneeze.
- These droplets can remain airborne for up to 2 hours in closed areas and can infect susceptible / vulnerable persons.
- Measles is one of the most infectious viruses known to human kind.

WHO IS AT RISK

- Once a person has had measles they are immune to the virus, getting it again is very rare.
- Any person who is not immune to measles can get it from an infected person.
- Those who are vaccinated are protected from severe symptoms.
- Woman who get measles during their pregnancy are at high risk

INCUBATION PERIOD

- You are contagious 4 days before your symptoms start to show and 4 days after the symptoms disappear.
- Symptoms starts to show between 10 - 14 days after coming in contact with the virus.

SIGNS & SYMPTOMS

- Running nose.
- Cough.
- Red and watery eyes.
- Small white spot inside the chic.
- Red rash.
- Those with weak immune systems do not develop a rash.

2 WAYS TO PROTECT YOURSELF



1. Vaccination

- Measles can be prevented through vaccination .
- Visit your local clinic for more information



2. Contact

- Do not come into contact with anyone with measles and who is contagious.
- Pregnant woman must not be in close contact with anyone with measles.

