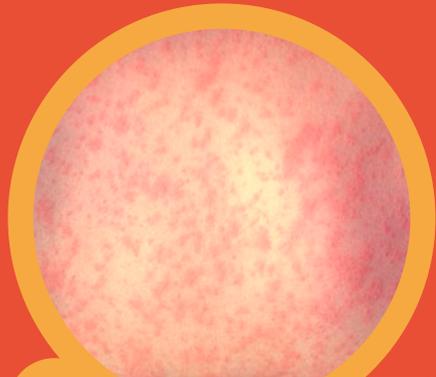




**1** Fever/cold



**2** Initial distribution



**3** Skin rash

# MEASLES

# MODE OF TRANSMISSION

Airborne infection: transmitted through coughing, sneezing, speaking and via contact with throat and nose secretions. The measles virus is highly contagious so that it is possible to contract the disease even after just a short exposure.

# PREVENTION

**A vaccine offers the greatest protection.** Primary vaccine between 11 and 14 months of age, second vaccination up to the end of the second year of life. This vaccine can also be administered to youths, young adults and adults and even within 3 days after contact with the sick person. Once you have had measles, you are protected for life.

# INCUBATION PERIOD

The time from infection to outbreak of the disease is between 8 and 14 days.

# CLINICAL SYMPTOMS

1st phase: 8 to 12 days after the infection: fever **1**, coughing, sniffles, eye infections and reddening of the throat and roof of the mouth as well as frequent diarrhoea. Chalky spots in the mouth (Koplik's spots).  
2nd phase: After 14 to 15 days: typical measles rash (brownish-pink spots on the skin **2**), starting on the face and behind the ears **3**). The rash may persist approximately 4 to 7 days.

# COMPLICATIONS

**Pneumonia, middle ear infection and encephalitis are possible.**  
**Measles are life-threatening for persons with weakened immune system!**

# CONTAGIOUSNESS

5 days before and up to 4 days after occurrence of the typical measles rash. The risk of infection is highest right before the outbreak of the rash.

# READMITTANCE

**Measles must be reported immediately to the nursery management!** They, in turn, inform the health authorities. Your child may not attend nursery until the symptoms have abated, at the earliest 5 days after the onset of the typical measles rash.  
**Persons living in the same household as a person suffering from measles may not visit the nursery for 14 days.** Exception: persons vaccinated twice, persons who have previously had measles (verified by a doctor's certificate).

**FOR FURTHER INFORMATION  
SEE THE NHS WEBSITE**

