

## Measles

**Description:** Measles is a highly infectious viral illness that is extremely unpleasant and can cause serious complications. It is now uncommon in the UK because of the effectiveness of vaccination.



### Symptoms:

- Cold –like symptoms – running nose, sneezing, and a cough.
- Sore, red eyes that may be sensitive to light
- High temperature (fever) which may reach around 40C
- Small greyish –white spots on the inside of the mouth

A few days later a red-brown blotchy rash will appear. This usually starts on the head or upper neck before spreading outwards.

Symptoms will develop around 10 days after you have been infected.

It is advisable to contact your GP as soon as possible if you suspect that you or your child may have measles.

### How is it spread?

You can pick the virus up from

- Close contact with someone with measles – breathing in the virus from coughs and sneezes
- The virus can survive on surfaces and objects for a few hours

### How long is it infectious?

People with measles are infectious from when their symptoms start until around 4 days after the rash first appears.

### How long should my child stay home from school?

Measles usually starts to improve within 7-10 days. Your child should stay home from school for at least 4 days from when the rash appears.