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## Measles

### What is measles (Rubeola)?

Measles is a respiratory disease caused by a virus. It is highly contagious but also vaccine-preventable.

### What are symptoms of measles?

A typical case of measles begins with mild to moderate fever, cough, runny nose, red eyes and sore throat. Two to three days after symptoms begin, tiny white spots may appear inside the mouth. Three to five days after the start of symptoms, a red or reddish-brown rash appears. The rash usually begins on a person's face at the hairline and spreads downward to the neck, trunk, arms, legs and feet. When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit. After a few days, the fever subsides and the rash fades.

### How soon do symptoms appear after infection occurs ?

Symptoms begin about 7-14 days after a person is infected.

### How long are measles contagious?

Infected people are usually contagious from about four days before their rash starts to four days afterwards.

### How is measles spread?

The virus resides in the mucus in the nose and throat of the infected person. When that person sneezes or coughs, droplets spray into the air. The infected mucus can land in other people's noses or throats when they breathe or put their fingers in their mouth or nose after touching an infected surface. Measles is so contagious that 90% of the people close to an infected person (who are not immune) will also become infected with measles.

### Who should get the measles (MMR) vaccine and when is it recommended?

- First dose of MMR is recommended at 12-15 months of age.
- Second dose of MMR is recommended at 4 to 6 years of age.
- Persons born after 1957 should be vaccinated.

### How is measles treated?

Because measles is caused by a virus, there is not a prescription treatment available. Rest and time will cure most infected persons.

### How can I prevent the measles?

The best way to prevent measles is to be vaccinated against it. Measles vaccine can be obtained from the Sedgwick County Health Department.

Transmission of illness can be reduced by:

- Good hand-washing habits
- Avoiding sharing drinking and eating utensils

### How can I get more information on Measles?

Contact the Sedgwick County Health Department  
Epidemiology Office at 660-7392.

Or visit the Sedgwick County website at  
[www.sedgwickcounty.org](http://www.sedgwickcounty.org).