

# MEASLES

Measles is a **contagious respiratory disease** caused by the measles virus. The disease mainly occurs in children under 5 years old, usually occurs in winter and spring and can appear in adults because they have not been vaccinated or have been vaccinated but have not been fully vaccinated. The disease **can lead to many complications and can be fatal.**



## ! Symptoms

- **Onset symptoms:** Mild or moderate fever, accompanied by symptoms such as cough, runny nose, sore throat and red eyes.
- **2, 3 days later:** The appearance of **tiny white/gray papules with raised bumps on the surface of the buccal mucosa** (inside the mouth, across the upper teeth). These spots last for only 24 to 48 hours and **it is an early and definitive diagnostic marker.**
- **After that:** The patient may have a higher fever and then a maculopapular rash. When the skin is stretched, it disappears. The rash appears from behind the ears, back of the neck, forehead, face, neck, and gradually spread to the trunk, limbs, palms and soles. When it covers the whole body, the body temperature gradually decreases.
- **After about a week:** The rash fades and disappears in the order in which it appeared.
- If there are no complications, the patient will make a full recovery.



*\*Symptoms that appear may not be as typical as above.*

## Shield Prevention

- **Active prevention with vaccines**
  - Implement the 2-dose vaccine for children of age according to the National Expanded Program on Immunization (the first dose is mandatory at 9 months of age).
  - Provide vaccine to other subjects under the guidance of authorized agencies.
- **Isolation of infected people and personal hygiene**
  - Measles patients must be isolated at home or a facility according to the isolation principle for respiratory diseases.
  - Use surgical masks for patients, caregivers, close contacts and medical staff.
  - Strengthen personal hygiene, disinfect the nose and throat, keep the body warm and improve the body strength to increase immune resistance.