Republic of the Philippines





Province of Pangasinan

MUNICIPALITY OF CALASIAO

**MUNICIPAL HEALTH OFFICE**

**MEASLES**

**Transmission and case definition:** Measles is cause by a virus found in discharges from a patient’s nose and throat. It is a highly contagious disease that is transmitted by respiratory droplets and airborne spread. The disease can result in severe complications, including pneumonia and encephalitis. Measles is common among very young children

Measles cases are **contagious** from 1-2 days before onset of symptoms (typically 4-5 days before rash onset) up to 4 days after the appearance of the rashes. The incubation period is about 10 days (14 days to rash onset; range 7-21 days). The diagnosis of measles should be considered in any person with a generalized macula-papular rash lasting ≥ 3 days, a temperature ≥ 38.3ºC, and cough, coryza (runny nose), or conjunctivitis(red eyes).

**Signs and Symptoms**

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| ***Days 1-3*** |
| * Cold, cough and some fever
* Eyes are red and watery & sensitive to light
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| ***Days 3-4*** |
| * Eyes are reddish
* Rash cover the face & spreads all over the body
 |
| ***Days 4-6*** |
| * As the rash goes away, skin often begins to peel
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**Prevention**

* Submit your child for immunization against measles at **9 months of age.**

***Vaccines are available for free in all health centers***

**Treatment**

* Bring suspected measles cases to the nearest hospital or health center **to prevent** complications like convulsion, pneumonia, encephalitis, dehydration and even death.
* Protect eyes from patients from glare of strong light as they are apt to be inflamed.
* Keep the patient in an adequately ventilated room but free from draft & chilling.
* Give sponge bath for comfort of patient.

**Recommendations:** Control activities include:

* Isolation of known and suspected case patients and administration of vaccine (preferentially within 72 hours of exposure) to susceptible contacts *(contacts who remain unvaccinated).*
* Contacts who remain unvaccinated should be excluded from day care, school, or work and adhere to voluntary home quarantine from 7 to 21 days following exposure.
* Persons who are known contacts of measles patients and who develop fever and/or rash should be considered suspected measles case-patients and be appropriately evaluated by a healthcare provider.

Para sa mga katanungan at karagdagang kaalaman, magtungo po sa pinakamalapit na

Health Center o tumawag po sa mga sumusunod:

Rural Health Unit – I Tel. No. (075) 517-2234

Rural Health Unit – II Tel. No. (075) 517-2410