



# Measles (Red Measles, Rubeola)

## What is it?

- Measles is an infection caused by a virus
- It occurs most often in the late winter and spring.
- Your child is more likely to develop measles if they have not been vaccinated or if they travel to other countries without being vaccinated.

## Signs and Symptoms?

Common symptoms include:

- Fever that lasts for a couple of days
- Cough, runny nose, and red and watery eyes that follow the fever
- Small red spots with bluish-white centers inside mouth (Koplick spots)
- Rash that starts on the face and upper neck and spreads down the body before spreading to the arms, hands, legs and feet.
- After about five days, the rash fades in the same order it appeared.
- In severe cases, measles can cause swelling of the brain. This can lead to seizures, permanent brain damage, hearing loss, or death.

## How does it spread?

- Rubeola is mainly spread through the air. It can be caught just by being in a room with a person with measles or where someone with measles has been recently.
- The virus can survive in the air up to two hours.
- This virus is very contagious up to 4 days before the rash or signs of illness starts.
- Children with immune system problems often stay contagious much longer.



## How to decrease the spread?

- Rubeola is included in the measles, mumps and rubella (MMR) vaccine. Ask your doctor if you or your children are not immune.

## Recommended Absence:

Anyone in the infectious stage of Rubeola must stay away from day care, school and work for at least four days after the appearance of the rash.

Measles must be reported to the Medical Officer of Health as required by the Health Promotion and Protection Act.

## Resources

### About Kids Health

<https://www.aboutkidshealth.ca/Article?contentid=752&language=English>

### Caring for Kids

<https://www.caringforkids.cps.ca/handouts/measles>

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