

Emergency Department Measles

General Information

Measles, also known as rubeola, is an infection caused by a virus. The symptoms are fever, tiredness, loss of appetite, sneezing and runny nose, hacking cough, light hurting your eyes, tiny white spots in the mouth and a blotchy red rash on the forehead and around the ears that spreads to the body. Measles spread very easily and can be caught by coughing and sneezing. After exposure, it takes 7 to 14 days for the rash to appear. You are considered contagious from the time of exposure until about 4 days after the rash is gone.

Instructions

There are no specific treatment for Measles, the symptoms will pass on their own. Most people start feeling better about 2 days after the rash starts. Many people have a cough for 1 or 2 weeks after the rash goes away.

1. Use acetaminophen (Tylenol) to help fever and discomfort.
2. Keep away from persons who have never had measles or who have not had the measles vaccine.
3. Rest as much as possible and get plenty of sleep.
4. Drink plenty of fluids (water, juice, clear soups, jello).
5. Eyes may be sensitive to light for a few days, so do not watch television or read until feeling better and the eyes are not red and sore.
6. Stay home from school or work until the fever and rash are gone (usually about 7 days).
7. Wash your hands often.

Return to Emergency or Call 911 if any of the Following Develop:

- Trouble breathing or rapid breathing.
- Seizure (convulsion).

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Contact your Family Doctor if any of the Following Develop:

- Severe headache or an earache.
- Temperature over 39.4°C (103°F) not responsive to acetaminophen.
- Cough that lasts more than 4 or 5 days or coughing that brings up thick discoloured phlegm.

For more information or questions contact HealthLinkBC at 811.

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