

GOVERNMENT OF TRINIDAD AND TOBAGO
MINISTRY OF HEALTH, WELFARE AND STATUS OF WOMEN

MEASLES
(RED MEASLES, HARD MEASLES, RUBEOLA)

WHAT IS MEASLES?

MEASLES is one of the most readily spread diseases. It is caused by the measles virus. It is most severe in infants and young children.

It is dangerous because it causes infection of the middle ear, pneumonia and inflammation of the brain. It can also have delayed adverse effects on infants and children.

Persons who had the disease or have been immunized usually will not be affected again.

Infants born to mothers who are immunized are protected for about 6 to 9 months.

Signs and Symptoms

Fever, watery discharge from eyes and nose, sore throat, coughing and white spots in the mouth.

A red blotchy rash appears on the 3rd to the 7th day, beginning on the face and following to other parts of the body lasting 4 to 7 days and sometimes ending in branny scales.

HOW IS MEASLES SPREAD?

It is spread from a patient to a healthy person by droplet spray through the eyes, nose and mouth of the healthy person during singing, talking, spitting or coughing of the patient or with contact with secretions of the nose and throat of the infected persons.

INCUBATION PERIOD

The time between the first contact with the virus and the first sign or symptom is about 8 to 13 days.

PERIOD OF COMMUNICABILITY

The disease can be passed on to the healthy from the onset of illness to 4 days after the appearance of the rash.

HOW TO PREVENT MEASLES

Immunization is the most effective measure against the disease.

Take your child to the nearest Health Centre now to be immunized.

Your District Nurse or Medical Officer will advise you.