

## Measles (Rubeola)

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### What is Measles?

Measles is a highly infectious disease caused by the Measles virus, a member of the genus Morbillivirus and the Paramyxoviridae family.

Measles is a reportable disease in Kansas.

### Signs and Symptoms

Symptoms can appear from 7-21 days after being infected, usually in 14 days and include:

- Fever
- Cough
- Runny nose
- Sore throat
- Redness of the eyes (conjunctivitis)
- Rash (blotchy; starts on the head and spreads)
- White spots inside the mouth (Koplik's spots)

People are contagious 1-2 days *before* onset of symptoms and 4 days *after* the rash appears

If you have symptoms, call your healthcare provider

### Transmission (How it spreads)

- Person-to-person when sick people cough, sneeze or talk.
- Anyone who has not been vaccinated will likely get sick; measles is spread very easily

### Diagnosis and Treatment

Blood test, and occasionally throat and urine tests

There is no specific treatment

### Complications:

Along with symptoms, there are other complications that result from being sick, including;

- Pneumonia
- Diarrhea
- Ear infection
- Inflammation of the brain
- Deafness and blindness
- Adverse pregnancy outcomes

### Prevention:

- Immunization!
- Individuals who have been diagnosed with measles must isolate themselves from others

### Who is at Risk?

In general, children younger than 5 years old, adults over 20, pregnant women and immunocompromised peoples

If you have symptoms, call your healthcare provider

Before visiting a healthcare provider, call ahead so that the provider can take the necessary measure to protect patients and staff

Report cases to the Riley County Health Department by calling the Disease Investigation Line: 785-317-0474

Measles is a reportable disease in the state of Kansas. All cases must be reported to KDHE via the Epi Hotline: 877-427-7317