

## 1. What is Measles (Rubella)?

Measles causes a rash and fever in childhood but can affect other parts of the body and sometimes can occur in adults. The disease has two types which are caused by different diseases:

- The Rubeola causes red measles which is also known as hard measles or just measles. The disease can lead to pneumonia or encephalitis which is the inflammation of the brain.
- The Rubella virus leads to German measles and is also called three day measles. The disease is milder compared to red measles and can cause significant birth defects if the infected pregnant woman passes it to the unborn child.

## 2. How is it spread?

The disease is spread through the contact of the affected patient

## 3. How can the disease be limited?

The disease can be limited by getting plenty of rest, taking sponge bath with lukewarm water which will reduce discomfort due to fever, drinking plenty of fluids to avoid dehydration, taking pain relievers and fever reducers and humidifier or vaporizer may ease the cause.

## 4. Symptoms of the disease

The measles (red measles) appear after 10 to 14 days after the person contacted the rubeola virus. The virus will multiply and cause fever, a run down feeling, cough, red eyes, runny nose and loss of appetite during the early phase of infection. The red measles rash develops after two to four days. The rash will then start appearing from the face, spreading to the trunk, arms and legs.

The rash initially is small red bumps that may blend into each other as more appear. People with measles may develop small grayish spots on the inside of the cheek. The rash looks uniformly red at a distance. It is not itchy but as it is cleared up, the skin may shed. The disease is severe in patients with weakened immune systems, including people who are malnourished or have HIV. Although red measles is usually mild, few serious complications might occur. Red measles makes patients more vulnerable to pneumonia and bacterial ear infection. Pneumonia could be serious in infants and can cause death.

The Rubella measles causes milder symptoms than red measles. The incubation period between getting the virus and getting sick is 10 days to 14 days. Symptoms are fatigue, low grade fever, headache or red eyes before the rash start appearing. These symptoms are common in adults than in children. The rash is light red to pink, which start as individual spots which may merge together overtime. The rash starts on the face and moves down to the trunk. Swollen, tender lymph nodes may occur in the back of the neck.

Symptoms of Rubella may be so mild that they are not even noticed especially in children. Most symptoms resolve in few days but swollen limbs may persist for few weeks. Adult women with rubella may get painful joints for days to weeks after the infection. This affects hands, wrists and knees.

The most feared complication of Rubella is congenital rubella which occurs when an infected pregnant woman passes it to her unborn child. Among other problems and birth defects in affected infants may have cataract defects, heart defects, hearing impairment and learning disabilities. The risk is highest during early pregnancy and that may even cause miscarriage

or still birth.

## 5. What to do if have symptoms?

It is advised that the affected people should consult medical professionals as soon as possible for the treatment.

## 6. Take medication as prescribed:

The infection is treated with acetaminophen and ibuprofen. Children should not be given aspirin as it may cause a disease called Reye syndrome.

\*The source of most of this information is from the website: [www.emedicinehealth.com](http://www.emedicinehealth.com)