



health

Department of
Health
FREE STATE PROVINCE

MEASLES

Description

Measles is a respiratory disease caused by a virus. It is also called rubeola. The measles virus usually grows in the cells that line the back of the throat and lungs.

Causes

How it is spread Measles spreads through the air by breathing, coughing or sneezing. It is so contagious that any child that is exposed to it and has not been vaccinated will probably get the disease.

Signs & Symptoms

Measles causes fever, a runny nose, coughing and a rash all over the body. You may also have red, watery eyes and tiny white spots inside your mouth.

Prevention

The only way to completely prevent measles is to get vaccinated. The disease is very contagious and if you come into contact with anyone that has been infected, you will probably get it.

Treatment

If you get measles there are limited treatment options for the infection itself. Give your body time to deal with the virus and recover from the effects. Your healthcare provider may give you medicine to help you cope with the symptoms. Bed rest and a healthy diet are important. Plenty of fluids including water and fruit juices will help you cope with the infection. You may find bright light or sunlight uncomfortable, so isolate yourself in a dimly lit room.