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# Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

## MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



## Measles Can Be Serious



About 1 out of 4 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 or 2 out of 1,000 people with measles will die, even with the best care.

## You have the power to protect your child.



Provide your children with **safe** and **long-lasting protection** against measles by making sure they get the **measles-mumps-rubella (MMR) vaccine** according to CDC's recommended immunization schedule.

[WWW.CDC.GOV/MEASLES](http://WWW.CDC.GOV/MEASLES)


## Measles (Rubeola)

Measles is a highly contagious viral respiratory illness. Symptoms include fever, cough, runny nose, and red watery eyes followed by a rash over most of the body.

### Measles can be serious.

- > About 1 in 4 people in the U.S. who get measles will be hospitalized
- > 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage
- > 1 or 2 out of 1,000 people with measles will die, even with the best care

### Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

A highly effective vaccine has resulted in a dramatic reduction in measles cases and deaths worldwide. However, outbreaks and deaths continue to occur, primarily related to overseas travel and unvaccinated individuals.

## Alaska Surveillance Data

After an absence of almost 15 years, a confirmed case of measles was diagnosed in Fairbanks on June 9, 2015. The case-patient had recent travel history to central Asia. Providers are reminded to always ask about travel history in patients with acute rash illness and be aware of measles as a possibility. Multiple states are currently experiencing measles outbreaks including New York State, New York City, and Washington.

**Providers must report suspected measles cases immediately to the Alaska Section of Epidemiology at (907) 269-8000.**

- > [View the latest U.S. surveillance data](#) from the CDC.

## Resources for the General Public

- > **'About the Disease'** - CDC's comprehensive measles website, with information on risk factors, causes, signs and symptoms, diagnosis, treatment, prevention, and photographs of disease
- > [Measles Fact Sheet](#) from the Alaska Division of Public Health
- > [Frequently Asked Questions about Measles in the U.S.](#) from the CDC
- > [Measles Vaccination: Who Needs It?](#)
- > [Measles Vaccine Information](#)

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› Vaccines do not cause autism...get the [facts](#).

Resources for Healthcare Providers

- › [Measles Information for Clinicians](#) from the CDC
- › [Alaska Measles Testing Guidance](#) (March 9, 2018)
- › [Measles Investigation Quicksheet](#) (California Department of Public Health document)
- › [Alaska Section of Laboratories Test Directory](#) (Measles test info on page 56)
- › [ASPHL-Fairbanks Lab Test Request Form](#)
- › [Epidemiology Bulletins associated with Measles](#) from the State of Alaska
- › [State of Alaska Immunization Program](#)

**Measles is a public health reportable condition in Alaska. Report suspect cases immediately to the Alaska Section of Epidemiology at 907-269-8000.**

› [Measles Multimedia Resources](#) from the CDC

Infectious Disease Program Resources

› [Epidemiology Procedure Manual - Measles Chapter](#)

Archived Measles Public Health Alerts and Updates

- › [AKPHAN: Measles Outbreak in Washington State — What Alaskans Should Know](#) (January 29, 2019)
- › [AKPHAN: Measles Case in Cruise Ship Passenger — What Alaska Providers Should Know](#) (August 14, 2018)
- › [Press Release: Measles case confirmed in Fairbanks](#) (June 9, 2015)
- › [AKPHAN: Measles Confirmed in Fairbanks – What Alaska Providers Should Know](#) (June 9, 2015)
- › [MMR Vaccine, Post-Exposure, and Isolation Recommendations for Fairbanks](#) (June 12, 2015)
- › [June 2015 Measles Alert – Printable Poster](#)
- › [AKPHAN Update: Measles Outbreak in Disneyland – What Alaska Providers Should Know](#) (January 28, 2015)
- › [AKPHAN: Measles Outbreak in Disneyland – Possible Alaska Case](#) (January 23, 2015)
- › [AKPHAN: Suspected Measles Case on Cruise Ship – Exposure to Alaskans Unlikely](#) (September 12, 2014)
- › [AKPHAN: Measles – Situational Awareness](#) (June 5, 2014)