

# Measles

## WHAT IS IT?

**Measles** is a viral disease caused by an enveloped RNA virus. It is very contagious, spread from infectious person's coughs or sneezes via aerosolized particles that enter others through the mouth, nose, or eyes. As a result, those who are not immune can become infected through breathing in the virus. An infected person can spread the disease as early as 5 days before the rash appears and up to 4 days afterward. They're most contagious while they have a fever, runny nose, and cough, which can occur before the rash appears.

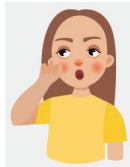
## WHY SHOULD I CARE?

- **~10 million cases** occur globally each year, with more than **100,000** deaths recorded, mostly in children
- For about **2 hours**, the virus can remain infectious through the air and on surfaces.
- Cases are rare where vaccination coverage is high, but due to **decreasing vaccination rates**, regional outbreaks across the globe are likely to occur.
- Cases also occur among non-vaccinated people after **travel to endemic areas**.

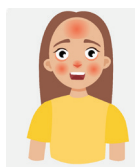
## SIGNS & SYMPTOMS



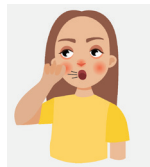
skin rash



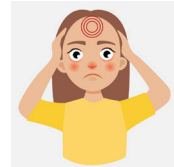
fatigue



fever



cough/sneezes



pain

## WHAT DO I DO ABOUT IT?

1. Isolate persons ill with measles to avoid spreading the disease to susceptible people.
2. Because measles is a Tier 1 enveloped virus, disinfect surfaces that may have viral particles with products effective against these viruses ([EPA List Q](#)), following label directions.
3. Practice good hand hygiene.
4. Airborne infection isolation rooms and precautions are recommended in healthcare settings.
5. Vaccines
  - Preventive vaccines are recommended, starting at 12 months of age with a later booster.
  - The vaccine can be given prophylactically within a short time after exposure to those at high risk for acquiring measles.
  - Before travel to an area where measles may be endemic, ensure vaccines are up to date, following guidance from public health authorities such as the CDC.

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