

## Measles FAQ and Resources

Some may be concerned about the recent outbreak of measles in the United States. According to the U.S. Centers for Disease Control and Prevention (CDC), “the majority of cases reported are part of a large, ongoing, multi-state outbreak linked to an amusement park in California.”

### What is Measles?

Measles, also known as morbilli, rubeola, or red measles, is a highly contagious respiratory infection. Measles is a disease confined to humans and is not spread by any other animal species.

### Signs and Symptoms

The symptoms of measles generally appear about seven to 14 days after a person is infected and include:

- High fever
- Cough
- Runny nose
- Sore throat
- Red, watery eyes
- Sensitivity to light
- Tiny white spots inside the mouth or in the inner lining of the cheek
- A full-body skin rash made of large, flat blotches that often flow into one another

After a few days, the fever subsides and the rash fades.

### Transmission

Measles lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing, and can live for up to two hours on a surface or in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected.

Measles is so contagious that if one person has it, 90% of the people close to that person who are not immune will also become infected. Infected people can spread measles to others from four days before to four days after the rash appears.

### Prevention

Measles can be prevented with the MMR (measles, mumps, and rubella) vaccine. For more information on the CDC’s vaccine recommendations, visit <http://www.cdc.gov/measles/vaccination.html>.

### Treatment

Call your doctor if you think you or your child may have been exposed to measles, or if you or your child has a rash resembling measles. There is no prescription medication to treat measles; however, your doctor may recommend:

- Acetaminophen to relieve fever and muscle aches
- Rest to help boost your immune system
- Plenty of fluids
- Humidifier to ease a cough and sore throat
- Vitamin A supplements

### Resources

For statistics about the outbreak, visit <http://www.cdc.gov/measles/cases-outbreaks.html>. Visit <http://emergency.cdc.gov/han/han00376.asp> to view the CDC’s Health Advisory for health care facilities. The LifeScope website also features tip sheets on Measles, Rubella, and immunization. Log on to [www.LifeScopeEAP.com](http://www.LifeScopeEAP.com) with your institution username and password.

For support with managing reactions to the measles outbreak, or with any issue that matters to you and your family, contact LifeScope confidentially and 24/7 at 800-828-6025.