

# Measles Disease

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# Measles

A highly contagious viral infection caused by the measles virus. It primarily affects the respiratory system and is characterised by a distinctive red rash. Measles can be serious, particularly for young children, due to its potential complications.

# Mode of Transmission

1

Through respiratory droplets when an infected person coughs or sneezes.

2

It can also be transmitted through direct contact with respiratory secretions or by touching surfaces and objects contaminated with the secretions of an infected person.

3

The virus can remain active and transmissible in enclosed areas for up to two hours after an infected person has left.

4

Individuals with measles are contagious from approximately four days before to four days after the appearance of the rash.

# Symptoms

Symptoms include:



**High fever**



**Cough**



**Runny nose**



**Red, watery eyes**



**Red rash, which usually starts on the face and spreads downwards**

# Complications



Serious lung infection that causes cough, fever, and difficulty breathing (pneumonia).



Brain infection that can cause seizures or permanent brain damage (encephalitis).



Permanent damage to hearing and vision.



Severe diarrhoea leading to malnutrition.

## Treatment:

There is no specific antiviral treatment for measles. Care focuses on relieving symptoms and preventing complications.

# Prevention

Routine measles vaccination, combined with mass immunisation campaigns, is the best way to prevent measles or stop its spread to others.



## Routine Measles Vaccination:

The measles vaccine is typically administered as part of the MMR (measles, mumps, and rubella) vaccine. Children should receive two doses of the vaccine to ensure immunity. The first dose is given at 12 months, and the second dose at 18 months, according to the UAE Immunisation Schedule.



## Measles Booster Dose:

This dose, offered to children aged 1 to 7 years as part of the National Measles Campaign, is considered a booster dose.

### Here's why this booster dose is important:

- **Better Protection:** The booster dose ensures children have additional protection from the virus.
- **Long-Term Immunity:** It helps provide children with long-lasting immunity against the virus.
- **Community Immunity:** Higher vaccination rates contribute to community immunity, reducing the spread of measles.

A single dose of the measles vaccine offers 95% protection against the virus, while the second dose increases protection to 99%.

# Safety of the Measles Vaccine

The vaccine has been extensively studied and monitored for safety. It has been in use globally for around 60 years and has proven to be an effective and safe method for preventing and controlling measles.

## Side Effects of the Measles Vaccine:

- Like other vaccines, it may cause mild side effects such as a low-grade fever, soreness, redness, or slight swelling at the injection site, and mild flu-like symptoms. These are generally not a cause for concern.
- The benefits of vaccination in preventing measles and its serious complications far outweigh these side effects.

Participating in the National Measles Campaign is vital not only for protecting your child but also for safeguarding public health and preventing outbreaks of this highly contagious disease. When more individuals are vaccinated, it improves the safety of the entire community, including those unable to receive the vaccine for medical reasons.

**Together, we can prevent measles and keep our communities safe.**