

# HEALTH ADVISORY FOR PREVENTION AND SPREAD OF MEASLES

Measles is a viral serious respiratory disease (affecting lungs and breathing tubes) It is very contagious/ infectious, It is a airborne infection and spreads through direct contact with infected person and through air. Measles remains a leading cause of death among young children (under 5 years) in many countries including India.



## SPREAD

- You can catch measles from an infected person even before they have a measles rash
- You can also catch measles just by being in a room where an infected person has been, up to 2 hours after that person is gone.
- It spreads when a person infected with the measles virus breathes, coughs, or sneezes.

## Symptoms

- Cough, runny nose
- Red, watery eyes
- Rash starting at head
- Ear infection
- Diarrhea

unvaccinated children  
unvaccinated pregnant women  
vaccinated without developed immunity

## At Risk

severe cases more likely among  
undernourished, low vitamin A, or  
weakened by HIV/AIDS

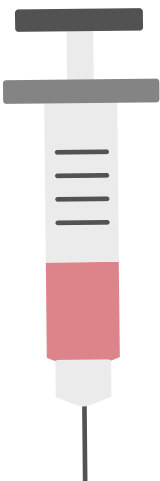
## Complications

Blindness  
Ear Infection  
Pneumonia  
Diarrhea  
Encephalitis

## PREVENTION - TREATMENT

### Vaccinate ALL children

- Vaccine is safe & effective, used for >50 years
- May be incorporated with Rubella and/or Mumps vaccine
- Use 2 doses of Vitamin A supplements 24 hours apart to help prevent blindness
- Use of Vitamin A reduces the number of deaths by 50%



Directorate of Health Services Kashmir, India  
INTEGRATED DISEASE SURVEILLANCE PROGRAMME (IDSP)  
[www.facebook.com/idsp.sso](http://www.facebook.com/idsp.sso); Email: [kadrism@outlook.com](mailto:kadrism@outlook.com)  
Helpline: +919419010363/91-194-2440283

