

HOW TO PREVENT MEASLES?

Measles is preventable and can be eliminated

Please speak to your clinic and/or Healthcare Provider on how you can protect yourself and your children against Measles and ensure that children are up to date with their measles vaccinations.



What should you do if you think someone has measles?

Advise them to seek help at a health facility where the health workers will treat them and take blood for testing.

As measles is highly contagious, the patient should be isolated to prevent the spread of measles in the community.

Someone who has measles (child or adult) must stay at home for five days from when the rash starts. They should not go to school, creche, shops, work, parties, gatherings etc



MEASLES

What you should know?

National Department of Health

Dr AB Xuma Building,
1112 Voortrekker Rd, | Pretoria Townlands 351-JR,
PRETORIA, 0187 | Switchboard: 012 395 8000



@healthZA



@healthZA



@healthZA



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



FIVE THINGS TO REMEMBER

1. Measles is a viral infection that can spread easily, causing severe disease in individual
2. It is a highly contagious respiratory disease that causes serious complications.
 - Pneumonia
 - Hospitalisation
 - Swelling of the brain
 - Death
3. Measles spreads easily through the air, when an infected person coughs or sneezes.
4. There are safe and effective ways of preventing measles which provide long lasting protection against the disease.
5. Nine out of ten people in close contact with an individual with measles can become infected if they are not protected.

For more information contact your nearest clinic or healthcare practitioner

Measles is a **highly contagious** respiratory disease that is caused by the measles virus.

It **spreads** from person to person by close respiratory contact i.e. breathing, coughing or sneezing

It usually takes **10 to 14 days** after exposure to a person with measles before the first symptoms develop.



SYMPTOMS TO LOOK OUT FOR



Cough



Fever



Feeling tired



Conjunctivitis
(inflammation
of the eyes)



Coryza
(inflammation
of the inside of
the nose)



Red rash

OTHER SYMPTOMS ASSOCIATED WITH MEASLES INCLUDE

- Sore mouth
- Diarrhoea
- Vomiting
- Poor appetite