

# Measles

**Symptoms appear 7 to 12 days after being infected.**

**Infectious period:** From around 4 days before the rash appears until 4 days after it's gone.

## Symptoms

- Measles begins like a bad cold and cough with sore, watery eyes.
- Your child will become gradually more unwell, with a fever.
- A rash appears after the third or fourth day. The spots are red and slightly raised. They may be blotchy, but not itchy. The rash begins behind the ears and spreads to the face and neck, then the rest of the body.
- The illness usually lasts about a week.

Measles is much more serious than chickenpox, German measles, or mumps. It's best prevented by the MMR vaccination. Serious complications include pneumonia and death.

**Your child can return to school/nursery 4 days after the onset of the rash and your child is fit and well and showing no other symptoms.**

## What to do

- Make sure your child gets plenty of rest and plenty to drink. Warm drinks will ease the cough.
- Give them paracetamol or ibuprofen to relieve the fever and discomfort.
- If their eyelids are crusty, gently wash them with warm water.
- If your child's having trouble breathing, has a seizure, is coughing a lot or seems drowsy, seek urgent medical advice.

# German Measles (Rubella)

**Symptoms appear 15 to 20 days after being infected.**

**Infectious period:** From 1 week before symptoms develop until up to 4 days after the rash appeared.

## Symptoms

- It starts like a mild cold.
- A rash appears in a day or 2, first on the face, then on the body. The spots are flat and are pale pink on light skin.
- Glands in the back of the neck may be swollen.
- Your child won't usually feel unwell.



It can be difficult to diagnose rubella with certainty.

**Your child can return to school/nursery 4 days after the onset of the rash and your child is fit and well and showing no other symptoms.**

### **What to do**

- Give your child plenty to drink.
- Give them paracetamol or ibuprofen to relieve any discomfort or fever.
- Rubella can be prevented by the MMR vaccine.

Keep them away from anybody who's in the early stages of pregnancy (up to 4 months) or trying to get pregnant.

If your child has had contact with any pregnant women before you knew about the illness, you must let the women know, as they'll need to see their GP.