



Measles Contact Information

The following information is specifically intended for people who may have been in contact with a case of measles while infectious.

What is Measles?

Measles is a highly infectious viral illness. People generally develop symptoms of the infection after 7-10 days (may take up to 18 days) after exposure to an infectious person.

These symptoms begin with:

- Fever
- Tiredness
- Red eyes
- A runny nose
- A cough.

The characteristic measles rash usually begins 3-7 days after the first symptoms, generally starting on the face and then spreading all over the body. Measles is often thought of as a minor childhood illness but it can cause serious illness, particularly in young adults. Some of the possible complications include pneumonia and brain inflammation (encephalitis).

How long does a person remain infectious?

A person can spread measles to other people from 5 days before the rash appears until 4 days after the rash first appeared.

Am I susceptible to measles?

People who are susceptible to contracting measles are:

- A child aged between 6 and 12 months of age. If the mother is immune natural immunity from maternal antibodies is protective for children under the age of 6 months;
- Children aged between 1 and 4 years of age who have no documented evidence of receiving a measles-containing vaccine (usually given as MMR vaccine due at 12 months and 4 years);
- Persons over the age of 4 years and born during or since 1960 who have no documented evidence of

receiving two measles-containing vaccines, usually MMR vaccine (unless there is documented evidence of having measles).

People who are immunocompromised (i.e. have decreased immunity) are also at risk – at any age, even if immunised. This includes people with diseases such as Hodgkin's Lymphoma or cancer, and people undergoing cancer treatment or on high-dose steroids.

What can I do to avoid measles?

If you have been in contact with someone with measles and you are susceptible to measles your risk of becoming infected may be reduced by seeing your doctor immediately for vaccination or immunoglobulin. Options include the standard measles 'MMR' vaccine (with Mumps and Rubella) within 3 days of contact, or an immunoglobulin injection within 7 days of contact. If you receive immunoglobulin, you will still need to have a MMR vaccine 3 months after the administration of immunoglobulin.

Sometimes measles contacts might need to be excluded from the workplace or school to prevent spread of infection.

If you think you may be susceptible to measles you need to discuss your options with your local doctor as soon as possible.

What do I do if I think I have measles?

If you suspect that you might have measles, make an appointment with your local doctor. Let them know you think you might have measles. This will allow the practice to avoid you coming into contact with other patients in the waiting room.

For further information: Contact your local doctor, or call the your nearest Disease Control Unit.

Darwin	89228044
Katherine	89739049
Tennant Ck	89624259
Alice Springs	89516906
Nhulunbuy	89870357