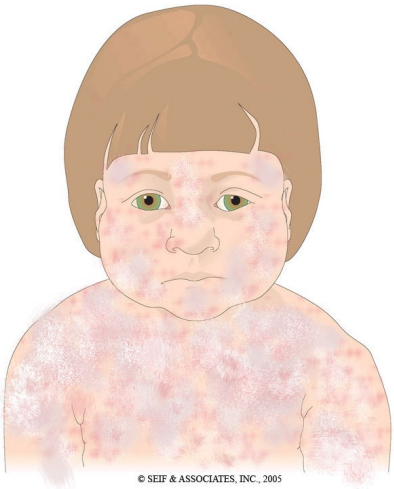
Measles

Measles is a serious infection caused by a virus. This infection can spread very easily. Do not let your children be around others who may have the measles. People with the measles feel sick for about 10 days. Measles can be prevented by the measles vaccine, but there is no "cure" for measles once you have it.



Encourage your friends and relatives to get shots for their children. The measles vaccine is given to babies when they are 12 to 15 months old and then again at 4 to 6 years of age.

HOME CARE

- Children with measles may have the following symptoms and these early symptoms of measles usually last 3 to 4 days, although they can last as little as 1 day or as long as 8 days before the measles rash begins.
  - Fever.
  - Stuffy or runny nose.
  - Hacking cough.
  - Red, itchy and watery eyes.
  - Eyes that hurt in bright light.
  - Poor appetite (not as hungry as usual).
- On the third or fourth day after these symptoms start, a red rash starts on the face and neck and may spread to their arms, front and back of body and legs.
- Take the child's temperature at least every four hours in the way your doctor has told you.
- Only give your child over-the-counter or prescription medicines for pain, discomfort or fever as directed by your doctor. **Do not give aspirin to children.**
- Always take the child's temperature before you give medicine.
- If your child has fever, dress him or her in light clothes. You can also give your child baths in water that is room temperature to help lower the fever.
- Give the child lots of fluids to drink, like juices, water or Gatorade. You can give your child soda, but be sure it is regular, not diet soda and does not have caffeine.
- Stay away from others who might catch the disease. **Do not** go to school, day care or work until the rash goes away.

GET HELP RIGHT AWAY IF:

- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your child is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- You or your child has ear pain or your child is pulling at his or her ears.
- You or your child has a bad cough.
- You or your child has shortness of breath.
- You or your child throws up for more than 4 hours.
- You or your child is hard to wake up or is sleepier than usual.
- You or your child has a stiff neck.
- You or your child has seizures or convulsions.
- You or your child has breathing problems, like wheezing, very fast breathing or is having a hard time breathing.
- There are signs of dehydration:
  - Less tearing.

- Dry mouth.
- Peeing less than normal.
- Sunken soft spot on the head of your child.

If you come to the clinic or emergency, be sure to:

- Keep the child away from other people as much as possible so he or she does not spread the virus to others.
- Tell the staff right away that the child has measles or that you think they may have the measles.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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