**Measles**

**What is it**: Measles is an acute viral respiratory illness.

**Who is at risk**: It is a highly communicative disease in those that are not vaccinated so 90% of all unvaccinated persons will catch the disease from droplets in the air.

**Cause**. The virus is transmitted by direct contact with infectious droplets or by airborne spread when an infected person breathes, coughs, or sneezes.

**Symptoms and Diagnosis**: It is characterized by a fever (as high as 105°F) and malaise, cough, runny nose (coryza), and conjunctivitis -the three “C”s, a sign …such as (Koplik spots) followed by a maculopapular rash. The rash usually appears about 14 days after a person is exposed. The rash spreads from the head to the trunk to the lower extremities. Patients are considered to be contagious from 4 days before to 4 days after the rash appears. Of note, sometimes immunocompromised patients do not develop the rash.

**Complications**: Common complications from measles include otitis media, bronchopneumonia, laryngotracheobronchitis, and diarrhea.

Even in previously healthy children, measles can cause serious illness requiring hospitalization.

* One out of every 1,000 measles cases will develop acute encephalitis, which often results in permanent brain damage.
* One or two out of every 1,000 children who become infected with measles will die from respiratory and neurologic complications.
* Subacute sclerosing pan encephalitis (SSPE) is a rare, but fatal degenerative disease of the central nervous system characterized by behavioral and intellectual deterioration and seizures that generally develop 7 to 10 years after measles infection.

**Home Treatmen**t: Stay isolated, don’t go to the Doctor, the virus in the room can infect everyone that comes in the room for the next 2 hours. Take Ibuprofen or Tylenol to manage the fever and stay hydrated. Isolation and rest and hydration are the key.

**Did you know**? Measles virus can remain infectious in the air for up to two hours after an infected person leaves an area.

http://www.parents.com/health/rashes/what-to-do-about-measles

https://www.cdc.gov/measles