



MEASLES

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Measles can start with cold like symptoms. A rash shortly follows. Children may have a high temperature (the temperature can reach up to 40 degrees), a runny nose, a cough, red, sore watery eyes. Some children may have spots in their mouth. Remember, Measles is highly contagious and can make children very poorly.



INCUBATION

Children are contagious 4 days before the appearance of the rash and up to 4 days afterwards. Children should not attend nursery or school at this time. **If you think your child has measles you must inform your GP or 111.**



TREATMENT

Drink plenty of fluids to avoid dehydration. Use soft tissues for the runny nose and use to cough into. Take paracetamol or ibuprofen to relieve a high temperature. If you think your child is getting worse contact 111 or your GP immediately.



TOP TIPS

If pregnant, seek medical advice immediately from your GP. Measles usually last about a week but can be longer. Use cotton wool soaked in cooled boiled water to remove any crust around the eyes. Keep your child away from anyone who has not been vaccinated.



FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111