

## Measles

Measles starts with fever, runny nose, cough, red eyes, and sore throat. It is followed by a rash that spreads over the body. Measles virus is highly contagious virus and spreads through the air through coughing and sneezing.

### Signs and Symptoms

Measles typically begins with

- high fever,
- cough,
- runny nose, and
- red, watery eyes ([conjunctivitis](#)).

Two or three days after symptoms begin, tiny white spots (Koplik spots) may appear inside the mouth.

Three to five days after symptoms begin, a rash breaks out. It usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet. The spots may become joined together as they spread from the head to the rest of the body. When the rash appears, a person's fever may spike.

After a few days, the fever subsides and the rash fades.

### Incubation period

The rash usually appears about 14 days after a person is exposed; the incubation period ranges from 7 to 21 days.

### How Measles Spreads

Measles is a highly contagious virus that lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing. Also, measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed. If other people breathe the

contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected.

(From "Measles (Rubeola)," Centers for Disease Control and Prevention, <https://www.cdc.gov/measles/index.html>)

### Prevention

The most important step to prevent measles is to check your antibody level, and get a measles vaccination if the antibody is negative. It is quite important especially for students and staff of School of Medicine or Education, and University Hospital staff. Covering coughs and sneezes and frequent hand washing are recommended to help slow the spread of the virus.

### If You Get Measles

Please avoid coming University to attend classes or to work for. Contact your department office and Health Service Center.

- **Standard Period of Suspension of Attendance**

Until 3 days have passed since the fever has subsided. (Enforcement Regulations for the School Health and Safety Act)

- **For University Hospital staff (including students under clinical training)**

First of all, contact Department of Infection Control, University Hospital (Tel:082-257-5372), and follow the order.

Please contact us if you have a question.

Health Service Center (email: [health@hiroshima-u.ac.jp](mailto:health@hiroshima-u.ac.jp))