

## MEASLES



- Measles is a **highly contagious viral infection** that is airborne.
- **Children under the age of 10** have the highest risk of contracting the disease.
- 30% of those infected are at risk of complications. Possible examples are ear infections, pulmonary infections or more serious complications which can result in hospitalization.

## Symptoms

Measles is characterized by a **fever and red blotchy rash** (red blotches on the skin). Other, less specific symptoms may also be present: a cough, cold symptoms, conjunctivitis.



## What to do if you have symptoms?

If your child or anyone close to you is displaying symptoms or if you are in doubt:

- Contact your general practitioner **BEFORE** you go to the consultation.
- **Avoid** contact between the symptomatic person and people who have not been vaccinated or who are vulnerable (infants, pregnant women, etc.).
- **Do not let your child resume activities** or return to the nursery before your doctor has cleared it to do so.
- **Wear a mask** (both you and your child) when going to the consultation.



## Who are the persons at risk of complications?

The persons who have the highest risk of complications from the measles are:

- non-immunized persons (those who have never been vaccinated against measles or who have never had them)
- people who are immunocompromised or who have a weakened immune system
- pregnant women
- infants (children under the age of 12 months)



## Vaccination = protection

**Vaccination with 2 doses** of the MMR (measles-mumps-rubella) vaccine is the only **effective** protection against the disease.

- **Check your vaccination status and that of your child.** In the Belgian vaccination schedule, the first dose is given at the age of 12 months and the second between 7 and 9 years of age.
- People who have already been infected by measles (a large part of the population born before 1970) or who have already received two doses of the vaccine are protected and do not need to be vaccinated.
- **People who were born between 1970 and 1985** have a high probability of being insufficiently protected because they may have only received one dose of the vaccine.
- If you have any doubts, see your general practitioner or pediatrician and take your vaccination records in order to check the vaccination status of your family.



## Where to get vaccinated

- **For children**, either at the general practitioner's, at the pediatrician's, at a consultation for infants organized by ONE or Kind en Gezin or at the PSE or CLB. Vaccination is free of charge.
- **For adults**, contact your general practitioner.

**!** For non-immunized persons, vaccination within 72 hours after contact with the disease protects you from contracting or developing it.