

NNUH Emergency Department and Children's Assessment Unit advice for cases of suspected measles

You have been given this leaflet because you or a family member have attended the Emergency Department or Children's Assessment Unit and staff believe you / they may have measles. This leaflet will explain more about what will happen next, what measles is and how you can look after children and adults with this infection.

Does everyone living in the same house as the person with suspected measles need to isolate?

If you or a child you care for has been told that they have suspected measles then that person must fully isolate at home until four days after the rash appears. Household members who are not showing symptoms of measles do not need to isolate at home and can continue to go to work or school unless told otherwise by the UK Health Security Agency.

What can be done to protect other people from measles?

Measles is a preventable disease. In the UK, children are offered 2 MMR (Measles, Mumps and Rubella) vaccines – the first around the age of 1 year and the second age 3-4 before starting school. Two doses of this vaccine can give lifelong protection. If members of your family have not received these vaccines, we encourage you to do so as soon as possible. Please contact your GP to arrange this. If you have measles, disposing of tissues and washing hands with soap and water after coughing and sneezing can help reduce the chance of infecting others.

What is measles?

Measles is an infection. We are seeing increasing numbers of cases in the UK. It is passed onto others through secretions from the nose and mouth – spread when people affected with measles cough or sneeze or when someone breathes the air that was breathed by someone with measles.

The virus can stay active in the air or on surfaces for up to 2 hours. People infected with the virus will develop symptoms of measles 7 to 14 days later.

What symptoms do people with measles develop?

- The first signs of measles are cold like symptoms - runny nose, cough, red watery eyes, and a fever. White spots may appear on the inside of the mouth.
- After 2 to 4 days, this is followed by a rash which spreads from the head down the body. This rash is made up of small red-brown, flat or slightly raised spots that may join into larger blotchy patches. The rash is not usually itchy.

- People with measles often feel tired, have a headache and feel achy. Children with measles can be very miserable.

How is measles treated?

There is no treatment for measles. Most people will recover well after 7 to 10 days. Things that can help those with measles are:

- Encourage your child to drink. Sugar containing fluids (for example juice or milk) should be given to those who will not do not feel like eating.
- Taking paracetamol and/ or ibuprofen to manage the symptoms. Follow the instruction on the label.

Is measles dangerous?

Most cases get better without complications. Some patients with measles can develop complications most of which are not very dangerous. The most common of these are ear infections and diarrhoea. A small number of people develop more serious complications including severe lung infection and inflammation of the brain.

What happens now?

The team at the hospital have passed on your details to the UK Health Security Agency who will contact you by phone soon to ask further information and arrange for a testing kit to be sent to any person with suspected measles.

It is very important that patients with suspected measles who are discharged home go straight home and stay within their home until 4 days **after** the appearance of the rash to help reduce the chance of infecting others.

When should I call for help?

You can contact your GP or 111 for further medical advice.

Call 999 or come back to the Emergency Department if they are:

- Unable to tolerate any fluids and appear dehydrated (dry mouth or long periods of not passing urine)
- Struggling to breath
- Appearing confused
- Experiencing seizures (fits)

If you arrive by car, please leave the patient in the car where possible and come to the desk to inform us they have suspected measles.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit:

<http://ratenhs.uk/IQu9vx> Or scan QR code:

