

Measles

Measles is a highly infectious viral illness that spreads easily through the air. It can cause serious complications. Babies, young children, pregnant women, people with a weakened immune system, and anyone without two measles vaccines or past infection are at higher risk of measles and its complications.



Symptoms may include



Fever



Tiredness



Cough



Irritated eyes



Runny nose



Red blotchy rash

How it spreads



- Through droplets in the air when a person coughs or sneezes
- Contact with droplets from the nose or mouth
- Touching surfaces where droplets have landed

It can take 7 to 18 days to feel sick after being in contact with measles

Stop the spread

Get immunised

Immunisation is the best protection against measles.

- Measles, mumps, and rubella (MMR) vaccines are free for all children at 12 and 18 months of age.
- You need 2 doses of vaccine at least 4 weeks apart for high protection.
- If you haven't had 2 doses and were born in or after 1966, you can get the MMR vaccine for free.



Cover coughs and sneezes

Cover with a tissue or the inside of your elbow. Throw any tissues in the bin and wash your hands.



Wash your hands

Use soap and warm water and wash for 40-60 seconds. Wash regularly, and especially after coughing and sneezing.



Stay at home

If you are unwell, stay away from work, school, child care and other crowded places.



See your doctor

- If you think you could have measles, see your GP as soon as possible. Tell staff you may have measles before you arrive.
- Early testing and treatment is important to prevent spreading measles to others.

For more information, scan the **QR code** to visit the Queensland Health measles webpage.

