

What About Vaccination?

Vaccination should be administered **during childhood** : the first dose should be administered at **1 year** of age and the second between **7 and 9 years**. Two doses of vaccine are **more than 95%** effective against measles and protection is long-lasting.

A catch-up vaccination can be administered, **except** for pregnant women and immunocompromised individuals.



Vaccination is the only way to eradicate measles.

✔ **To ensure herd immunity, more than 95% of the population must have received the two doses of the Measles-Mumps-Rubella vaccine.**

- ❗ **If you think you have measles**
→ Get in touch with your GP by phone and avoid contact with other people.
- ❗ **If you are in a waiting room and waiting to see a doctor**
→ Wear a facemask and keep a distance from other patients.

For more information, visit :
www.vaccination-info.be

Do you have any questions?
Contact your **GP** or **paediatrician**.

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MEASLES

A vaccine-preventable notifiable viral disease



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What is Measles?

Measles is a **highly contagious viral disease** that can lead to complications (pneumonia, encephalitis...) and **requires hospitalisation in 25% of cases.**

It is an airborne disease **transmitted** through small respiratory droplets.

It can affect **all age groups**, but it can be prevented by **vaccination.**

Who is at Risk?

- **Children and adults** without immunity against measles
(In Belgium people born before 1970 are considered to be immune),
- Pregnant women,
- People with a weakened immune system.

How Can You Get Infected?

Measles is transmitted from person to person :

- Through the **air** by **talking, coughing,** or **sneezing,**
- Through **direct contact** such as **sharing saliva** or touching **contaminated objects.**

Patients are considered to be infectious from **4 days before rash onset through 4 days after rash onset.**

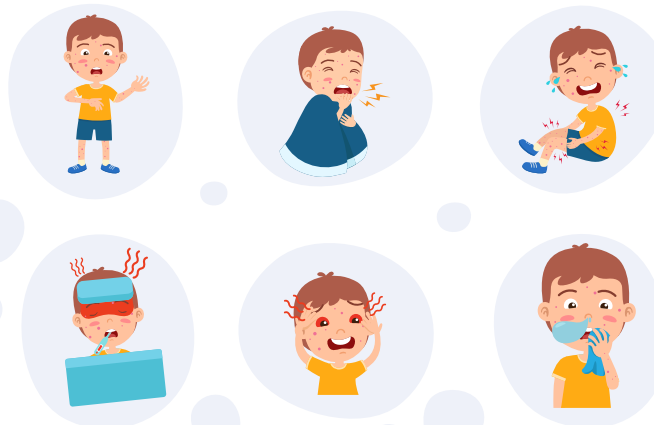


WHAT ARE THE SYMPTOMS?

Measles symptoms appear within **21 days after contamination.**

The catarrhal phase is characterised by **fever, cough, rhinitis, conjunctivitis, drowsiness, irritability, and general malaise.**

This is followed by a rash phase. It forms raised **red spots** all over the body, starting from the face.



HOW IS MEASLES DIAGNOSED?

Suspicion is based on the presence of symptoms such as **fever** and **skin rash** and at least one of the following: **cough, coryza** (runny nose) or **conjunctivitis.**

Diagnosis is confirmed by a **nasopharyngela swab** within **7 days** of rash onset or by blood testing.

How is Measles Treated?

There is no specific treatment for measles.

It is only possible to **relieve the symptoms** (fever, cough, rhinitis, conjunctivitis, etc.).

How Can Its Spread Be Prevented ?

- **Cough or sneeze** into a **disposable tissue** or, if you don't have it, **in your elbow**, not your hands.
- Blow your nose with a **disposable tissue.**
- Wash your hands **regularly.**
- Ensure **good ventilation** of rooms.
- If you have been in contact with a person with measles, monitor onset of symptoms through **21 days** and **avoid people at risk**
- **Wear a mask** at the first sign of respiratory symptoms.
- Check your **immune status**: if your vaccination schedule is incomplete or unknown, get **vaccinated** as soon as possible **within 72 hours** of contact.
- Self-isolate during the contagious period and upon the **onset** of symptoms if you have been in contact with an infected person.

