

Measles, patient information

Why have I received this information?

Tests have shown that you have measles. This information is also aimed at those who have been tested for measles and are awaiting results.

What is measles?

Measles is a highly contagious viral disease. The disease causes fever and a rash, often combined with a runny nose, cough or red eyes. The disease usually goes away in about 10 days.

Measles can cause other problems such as ear infections, pneumonia and diarrhoea. In very rare cases, the disease can cause an inflammation of the brain that can lead to problems with balance and dizziness. If you experience these problems, you should seek medical attention.

There is no cure for measles. The treatment is aimed at relieving the symptoms.

How is measles transmitted?

Measles is highly contagious. The virus is secreted during respiration and is transmitted through the air. Being in the same room is enough to infect another person. The virus is also transmitted through coughing and sneezing.

In Sweden, the vast majority of people are vaccinated against measles. Those who have received two doses of the measles vaccine have good protection and very little risk of contracting measles. However, children younger than 18 months who have not received their first dose of the measles vaccine are susceptible to infection. This also applies to adults who are not vaccinated against measles and who have never had the disease.

How long am I contagious?

You are contagious from four days before until four days after the rash emerges. You are no longer contagious starting from five days after the rash emerges.

What should I keep in mind so I do not infect others?

As long as you are contagious, you should:

- not meet up with other people outside your own household, e.g. not go to work, school or leisure activities
- not travel by public transport
- contact your healthcare provider before any healthcare visit and tell them that you have measles.

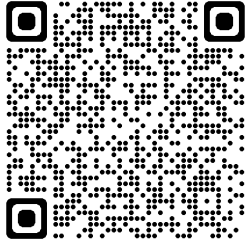
Contact tracing

According to the Swedish Communicable Diseases Act, you must participate in contact tracing. This means that you must provide information to healthcare professionals so they can assess when, where and how you may have been infected, and whether you may have infected others.

The information you provide is confidential (secret) and the people you name will not know who you are.

More information

[Mässling | 1177 \(1177.se\)](https://www.1177.se)



Continued vaccination

Although having had measles provides lifelong protection, children who have had measles should continue vaccination with the measles vaccine (MMR) in accordance with the childhood vaccination programme. This is important because the measles vaccine (MMR) also contains protection against mumps and rubella.

About the infection prevention sheet

The infection prevention sheet has been produced by the Swedish Association of County Medical Officers, and is valid nationally.