Measles have been reported throughout Japan following the outbreak in Okinawa in April 2018.

What is measles?

Measles is a highly contagious disease that spreads through the air and is transmitted from human to human.

Transmission

Prevention

Measles vaccination is the most effective measure. Wearing a mask is insufficient to prevent infection.

You are protected against measles if you...
(1) had measles before and are immune to it, or
(2) received 2 doses of measles-containing vaccine (check your vaccination record)

If you are not sure whether or not you are immune to measles, visit a doctor to have a blood test. You can do this at the Hongo Health Service Center. Visit us during our opening hours and ask for the measles antibody test. Charges will apply.

How does a measles infection develop?

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<th>Infection</th>
<th>Appearance of symptoms</th>
<th>Mild fever</th>
<th>Drink plenty of fluids!</th>
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<td>Incubation Stage</td>
<td>Catarrhal Stage</td>
<td>Final Stage</td>
<td>Convalescence Stage</td>
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- **Period**: 10-12 days
- **Symptoms**: High fever (38°C~), coughing, runny nose, sneezing, inflamed eyes
- **Communicability**: Strongest communicable period

- **Period**: Day 2 - 4
- **Symptoms**: High fever (39~40°C), Rash
- **Communicability**: Communicable period

- **Period**: Day 3 – 4
- **Symptoms**: Lower temperature
- **Communicability**: Disappearance of rash

- **Period**: Day 7 - 9
- **Communicability**: Communicable until 3 days after the fever goes down.

Modified measles

Some people do not experience the typical symptoms as shown above. It is a milder form of measles that occurs in individuals who have weak immunity to measles. It is less contagious but still communicable.

The rash you get with measles:
Small red spots. It appears on the face first and then spreads downward to the body, arms, and legs.

Complications

Some people suffer from complications. Example: Ear infection (5~15%), pneumonia, encephalitis (about 1 in 1000 people) etc.

Reference: Website of Ministry of Health, Labour and Welfare National Institute of Infectious Diseases