

# Skeltons Chemists

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## Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for July 2024

1. What is measles?
2. How do you know if you or your child has measles?
3. What are the first symptoms?
4. How are measles spread?
5. What does the rash look like?
6. When should I get an urgent GP appointment or help from NHS 111?
7. Should we stay off work, nursery and school?
8. How can I avoid spreading or catching measles?
9. What is the MMR vaccine?
10. When should people get inoculated?



Photo 89045623 | Measles © Natal'ya Buzuevskaya | Dreamstime.com

### Answers on the bottom of P2

#### What is measles?

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it. Measles usually starts with cold like symptoms, followed by a rash a few days later.

The first symptoms of measles include:

- ◆ A high temperature
- ◆ A runny or blocked nose
- ◆ Sneezing
- ◆ A cough
- ◆ Red, sore, watery eyes.

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days. The measles rash starts on the face and behind the ears before spreading to the rest of the body.

The spots of the rash are sometimes raised and join together to form blotchy

patches. They are not usually itchy. The rash looks brown on white skin, but it may be harder to see on brown and black skin.



Photo 146842942 | Measles © Rrostockstudio | Dreamstime.com

## When should I ask for an urgent GP appointment or get help from NHS 111?

- ◆ If you think you or your child may have measles – measles is a notifiable disease.
- ◆ Your child is under 1 and has come into contact with someone who has measles.
- ◆ You've been in close contact with someone who has measles, and you are pregnant or have a weakened immune system.
- ◆ You or your child have a high temperature that has not come down after taking paracetamol or ibuprofen.
- ◆ You or child is having difficulty breathing - you may feel more short of breath than usual.
- ◆ You or child are peeing less than usual (or your baby has fewer wet nappies).
- ◆ You or your child feels very unwell, or you are worried something is seriously wrong.

Measles can spread to others easily so call your surgery before you go in. They may suggest talking over the phone.

Measles usually starts to get better in about a week. After seeing a GP there are things you can do to help ease the symptoms and reduce the risk of spreading the infection. It can help to:

- \* Rest and drink plenty of fluids, such as water to avoid dehydration.
- \* Take paracetamol or ibuprofen, if you are able to, to lower a high temperature.
- \* Give your child paracetamol or ibuprofen if they're distressed or uncomfortable, if it is suitable.
- \* Use cotton wool soaked in warm water to gently remove any crust from yours or your child's eyes.

Measles is spread when an infected person breathes, coughs or sneezes. You are infectious from when you first have symptoms

(around 4 days before the rash appears) until 4 days after you get the rash. So, it is important to stay off nursery, school or work for at least 4 days from when the rash first appears. Also try to avoid close contact with babies, anyone who is pregnant or has a weakened immune system.

How to avoid spreading or catching measles:

- Wash your hands often with soap and warm water.
- Use tissues when you cough or sneeze.
- Throw used tissues in the bin.
- Do not share cutlery, cups, towels, clothes or bedding.

The best way to avoid measles is to have the MMR vaccine as it also protects you from mumps and rubella. It is offered to all children in the UK and can give lifelong protection.

Babies and young children are given 2 doses of the vaccine at 1 year old and 3 years 4 months old. Uptake of the first dose in 22/23 was 93% (below the 95% targets set up the WHO) while coverage for the second dose was at only 85%. This may explain why measles outbreaks are happening.

**For more information about this or any other health concern you may have, chat to one of our trained team.**



Photo 103337301 | Measles © Andrey Popov | Dreamstime.com

Answers: Q1, A highly infectious disease transmitted through the respiratory route. Q2, It usually starts with cold like symptoms followed by a rash a few days later. Q3, A high temperature, runny or blocked nose, sneezing, a cough, red, sore watery eyes. Q4, When an infected person breathes, coughs or sneezes. Q5, It starts on the face and behind the ears before spreading to the rest of the body. The spots are sometimes raised and join together to form blotchy patches. Q6, If you think you or your child may have measles, your child is under 1 and has come into contact with somebody who has measles, you've been in close contact with someone who has measles and you are pregnant or have a weakened immune system, you or your child have a high temperature that has not come down after using paracetamol or ibuprofen, you or your child are having problems breathing, you or your child are peeing less than usual, you or your child feels unwell. Q7, Yes, you should isolate for at least 4 days from when the rash first appears. Q8, Wash your hands often with soap and warm water, use tissues when you cough or sneeze, throw used tissues in the bin, don't share cutlery, cups, towels, clothes or bedding. Q9, The MMR vaccine can prevent measles and it protects you from mumps and rubella. Q10, The MMR vaccine is offered to all children in the UK. 2 doses can give lifelong protection against measles, mumps and rubella..