

# Idaho Falls Pediatrics

## Measles (Rubeola)

### What are measles?

Measles is a disease caused by the measles virus. Symptoms of measles include:

- Blotchy red rash starting on the face and spreading downward over the entire body in 3 days
- 3 or 4 days of red eyes, cough, runny nose and fever before the rash begins
- White specks on the lining of the mouth (Koplik's spots).

Your health care provider needs to see your child to confirm that he or she has measles. Call PCP first to see how child should be brought in to prevent exposing others in waiting room.

If your child has measles, it means he or she was exposed to another child with measles 10 to 12 days earlier.

### How long will it last?

Measles can be a miserable illness. The rash usually lasts 5-8 days. Your child will usually begin to feel a lot better by the fourth day of the rash. Ear and eye infections are common complications.

### How can I take care of my child?

#### 1. Treatment

- Fever: Use acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) in the usual dosage for your child's age.
- Cough: Use a humidifier. Coughing helps protect the lungs by clearing out germs.
- Red eyes: Wipe your child's eyes frequently with a clean, wet cotton ball. The eyes are usually sensitive to bright light, so your child probably won't want to go outside for several days unless he wears sunglasses.
- Rash: The rash requires no treatment.

2. **Contagiousness** The disease is no longer contagious after the rash is gone. This usually takes 7 days.
3. **Measles exposure** Any child or adult who has been exposed to your child and who has not had measles or the measles vaccine should call his health care provider. If given early, a measles vaccine is often protective.

### **When should I call Idaho Falls Pediatrics?**

Call IMMEDIATELY if:

- Breathing becomes labored AND no better after you clear the nose.
- Your child becomes confused or difficult to awaken.
- Your child develops a severe headache.
- Your child starts acting very sick.

Call within 24 hours if:

- Your child develops an earache.
- The eyes develop a yellow discharge.
- Your child develops sinus pain or pressure.
- The fever is still present on the third day of the rash.
- Fever returns after the temperature has been normal for more than 24 hours.

\*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.