



Brentfield Primary School

Children of Today, Champions for Tomorrow

Coffee Morning

MEASLES

6th March 2024

Important note:

- Staff in school are not medically trained, we are first aid trained
- Information in this presentation is available from NHS or Gov.uk
- If you are concerned about any medical issues, please contact 111, visit your local pharmacy, speak to your GP or call 999 if an emergency
- You can contact 111 by telephone or online 24 hours a day

What is Measles?

- Infection caused by a virus
- It spreads very easily
- You can become unwell very quickly
- You can get measles at any age
- You can be protected against it



How does Measles spread?

- You catch measles from close contact with someone who has it
- Transferred by cough, sneeze of infected person or touching a surface that an infected person has coughed or sneezed on
- Spreads easily in households and places where people are close to each other – school, busy bus/train
- You are infectious for 4 days before you may know you have measles and for 4 days after the rash appears



Symptoms

- usually start 10-12 days after contact with infected person
- It can take up to 3 weeks for symptoms to appear
- High Temperature
- Runny or blocked nose
- Sneezing, maybe a cough
- Red, sore, watery eyes



- Small white spots may appear on inside of cheeks and the back of the lips
- Rash appears 2-4 days after the cold like symptoms
- Rash starts on the face and behind the ears
- Rash spreads to the rest of the body

- The spots can sometimes be raised
- The spots may join to form a blotchy patch
- The rash is not usually itchy
- On white skin the rash looks brown or red
- Difficult to see on black skin



Is measles serious?

- Young children, pregnant women and anyone with a weakened immune system are more likely to become seriously unwell
- Measles infection during pregnancy can result a premature birth or the loss of the baby (miscarriage or still birth)
- Complications – ear infections, pneumonia, dehydration, diarrhoea, seizures, meningitis, blindness

Is it Measles?

- It is unlikely to be measles if you/ your child has had both doses of the MMR vaccine or if you have had measles before
- Do not go to the doctors or A&E as you will spread the infection
- Call 111 or your GP if.....
 - You think you have measles
 - You have been in contact with someone with measles (you are pregnant, weakened immune system or under 1 years old)
 - High temperature that doesn't come down with paracetamol
 - Difficulty breathing
 - Not eating or drinking as usual

How to care for your child.

- Seek medical advice (111 or GP)
- Rest and drink plenty of fluids
- Take paracetamol or ibuprofen
- Use warm water on cotton wool to remove any crusts from eyes
- Stay off school/work for 4 days after rash appears (inform school)
- Wash your hands often (use own towel)
- Use a tissue when coughing or sneezing – throw used tissues into the bin
- Don't allow infected person to share towels, bedding, cutlery, drinks, cups



Check your child's red book to see if they have had 2 doses of the MMR vaccine.

There is a halal version of the vaccine available.

Thank you!

Any Questions?