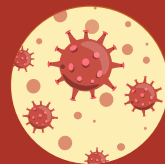


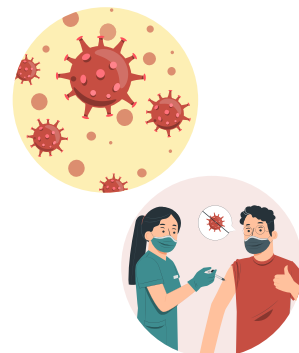
Measles. Stopping the spread: vaccination and isolation.



What is measles?

Measles is a **highly infectious viral disease** which starts with catarrh-like symptoms (red eyes, runny nose, cough and fever above 38° C). They are followed by a characteristic red rash which starts on the head and spreads to the rest of the body. The disease can be serious, especially in immunocompromised and unvaccinated people. In some cases it can be fatal. For more information, visit "**Measles FAQs**".

- **Vaccination is the most effective measure** to prevent this disease by following the **established vaccination schedule**
- Vaccination is also recommended for all adults who are not properly vaccinated or who have not yet had the disease



What should I do if I think I might have measles?

- **Call your primary healthcare centre or the 061 Salut Respon helpline** and tell them about your situation. **You can find your primary healthcare centre (CAP).**
- **Isolate at home** during the infectious period (from 4 days before to 4 days after the characteristic red rash) or until infection has been ruled out by your healthcare provider.
- **Take respiratory hygiene measures:** airing rooms, wearing a face mask, coughing or sneezing into the crook of your elbow if you do not have disposable tissues, immediately throwing away used tissues and washing your hands frequently with soap and water or alternatively with alcohol-based hand sanitiser.
- **Tell your healthcare provider about any trips you've been on** and countries you've visited in the last few days.



What should I do if I have been in contact with a case of measles?

- If you are properly vaccinated with two MMR vaccine jabs or have had measles, you do not need to do anything except **tell your healthcare centre** if you **develop any catarrh symptoms and/or a skin rash** in the following few days.
- If **you have NOT had measles or can't remember** whether you have, are not properly vaccinated or do not know whether you have been vaccinated, we recommend you:
 - **Call your healthcare centre or the 061 Salut Respon helpline as soon as possible** and tell them that you have been in contact with a case of measles. The healthcare professional will decide whether you should get an MMR jab (unless the vaccine is contraindicated for you).
 - **If you are pregnant, taking immunosuppressive medication** or are allergic to the vaccine, and also in the case of babies under 6 months of age, you should get in touch with your healthcare centre or call the 061 Salut Respon helpline to find out whether an antibody jab is needed.
- On routine trips and until infection is ruled out, **wear a face mask** and take respiratory hygiene measures.



For more information, scan this QR code or consult **gen.cat/xarampio**