

Patients with suspected measles

Emergency Department

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Information for Patients

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You have been given this leaflet because you or a family member have attended the Emergency Department and staff believe you may have measles.

This leaflet will explain more about what will happen next, and what measles is and how you can look after children and adults with this infection.

What happens now?

- In the Emergency Department, a swab was taken from the nose or mouth and sent for measles virus testing. The results of this can take a couple of days.
- The team at the hospital have passed on your details to the UK Health Security Agency (UKHSA). UKHSA will contact you by phone to ask further information. They will be in touch if measles is confirmed. If the results come back as negative, the hospital will send a text message.
- It is very important that patients with suspected measles who are discharged home **go straight home and stay within their home**. This is to help reduce the chance of infecting others.

What is measles?

Measles is a highly **contagious** virus. We are seeing increasing numbers of cases in the UK. It is passed onto others through secretions from the nose and mouth. This is spread when people affected with measles cough or sneeze or when someone breathes the air that was breathed by someone with measles.

It can stay active in the air or on surfaces for up to 2 hours. People infected with the virus will start having symptoms of measles 7 to 14 days later.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What symptoms do people with measles develop?

- **The first symptoms** of measles are cold like symptoms . A runny nose, cough, red watery eyes and a fever. White spots may appear on the inside of the mouth.
- **After 2 to 4 days**, this is followed by a rash which spreads from the head down the body. This rash is made up of small red-brown, flat or slightly raised spots that may join together into larger blotchy patches. The rash is not usually itchy.
- People with measles often feel tired and achy. Children with measles can be very miserable.

How is measles treated?

There is no treatment for measles, but most people will recover well after 7 to 10 days.

Things that can help those with measles are:

- Getting plenty of rest
- Drinking plenty of fluids. Drinks containing sugar for example juice or milk should be given to those who will not eat.
- Taking paracetamol and/ or ibuprofen to manage the fever.

Some patients with measles can start having difficulty.

The **most common** of these are;

- ear infections and diarrhoea.

Rare but potentially life-threatening difficulties are;

- severe lung infection (pneumonia) and inflammation of the brain (encephalitis).

When should I call for help?

For a patient with suspected measles, you can contact your GP or 111 for further medical advice.

Call 999 or come back to the Emergency Department if they are:

- Not able to take in any fluids and looking dehydrated
- Struggling to breath
- Looking confused
- Having fits (seizures)

If you arrive by car, please leave the patient in the car where possible. Come to the desk to tell us they have suspected measles. This is for us to make sure that they are put in an isolation room right away.

Does everyone living in the same house as the person with suspected measles need to stay at home?

Household members who are not showing symptoms of measles and are fully vaccinated do not need to isolate at home. They can continue to go to work or school unless told otherwise by the UK Health Security Agency.

If you have confirmed measles, you need to stay at home for 4 full days after the start of the rash (day 0 is the day the rash appears)

What can be done to protect other people from measles?

Measles is a preventable disease.

- In the UK, children are given 2 MMR (measles, mumps and rubella) vaccines.
- The 1st around the age of 1 year and the 2nd before starting school. 2 doses of this vaccine can give lifelong protection.
- If members of your family have not received these vaccines. Please do so as soon as possible. Please contact your GP to arrange this.

If you have measles,

- disposing of tissue and washing hands with soap and water after coughing and sneezing can help reduce the chance of infecting others.

Giving us your feedback

We would love to get some feedback on your visit today. Use your smart phone to scan this QR code for quick access to our online feedback survey form. **Or**

You can access the feedback form from our website:

<https://www.leicestershospitals.nhs.uk/patients/thinking-of-choosing-us/patient-experience/>



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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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