**Measles:**

Measles, is a viral infection of the respiratory system caused by paramyxo virus.

Mode of transmission: Measles is a very contagious disease that can spread through contact with infected mucus and saliva. The coughing or sneezing of an infected person can release the virus into the air.

Drinking from an infected person’s glass or sharing eating utensils with an infected person increases the risk of infection.

Incubation period: 10-12 days

People at risk:

Measles primarily occurs in unvaccinated children.. A vitamin A deficiency is also a risk factor for measles.

Signs and symptoms:

Symptoms of measles generally appear within 14 days of exposure to the virus. Symptoms include:

* cough
* fever
* red eyes
* light sensitivity
* muscle aches
* runny nose
* sore throat
* White spots inside the mouth named kopliks spots.

A widespread skin rash is a classic sign of measles. This rash can last up to seven days and generally appears within the first three to five days of exposure to the virus. A measles rash commonly develops at the head and slowly spreads to other parts of the body. Signs of a measles rash include red, itchy bumps.

Complications

such as pneumonia and encephalitis (inflammation of the brain).

Other complications associated with measles may include:

* ear infection
* bronchitis
* miscarriage or preterm labor
* decrease in blood platelets
* blindness
* severe diarrhea

Prevention

MMR vaccine