

Measles Patient Symptom Self-Assessment

Use this document as a guide to identify when you need to seek medical advice and treatment.

Signs and symptoms of measles:

- First symptoms: tired, fever, red painful eyes, runny nose and cough.
- A red, blotchy rash that appears on the face after 3-5 days then spreads to the rest of the body. The rash lasts 5-6 days and is less obvious on darker skin.
- Mouth is red and may have white spots.



How to treat measles at home:

- Isolate while you are infectious (4 days before the rash appears to 4 days after it appears).
- Stay hydrated and use anti-fever medications, such as Tylenol or Ibuprofen
- Use the guidance below.

Review the measles symptoms for each level below (green, amber and red) and follow the guidance for when to seek medical advice or care:

CHILD AND ADULT SYMPTOMS

CHILD ONLY

ACTIONS

- Eating and drinking well.
- Passing urine as normal.

- Is playful, interactive, happy.
- Watch closely for any changes and for any of the amber or red symptoms below.

GREEN LEVEL:
Stay at home, isolate. Follow above guidance if none of the symptoms below are present.

- Breathing a bit faster than normal, or working a bit harder to breathe.
- Looks dehydrated (dry skin, lips or tongue) despite drinking fluids.
- Has not urinated (or for a small child hasn't had a wet nappy) in the last 6-8 hours.
- Temperature is less than 36°C / 96.8°F in those over 3 months.
- Symptoms are getting worse.

- Eating less than half of the usual amount of milk or food (poor feeding).
- Very irritable (unable to settle with toys, TV, food or hugs even after the fever has come down).
- For 3-5 months old child: has a temperature of 39°C / 102.2°F or above (*unless fever is in the 48 hours following vaccinations and there are no other red or amber features*).

AMBER LEVEL:
Call your paediatrician or GP for advice. If you can't get through or it is out of hours, call the Emergency Department at 239-2009.

- Has a weak immune system (immunocompromised).
- Persistent, high fever (over 40°C / 105°F) despite taking anti-fever medication such as Tylenol or Ibuprofen.
- Persistent vomiting and diarrhoea.
- Breathing very fast, or too breathless to talk, eat or drink (in children you may see a drawing in of the muscles below the ribs, or noisy breathing, grunting).

- Under 3 months with temperature more than 38°C / 100.4°F or under 36°C / 96.8°F (*unless fever is in the 48 hours following vaccinations and there are no other red or amber features are present*).
- Difficult to wake up, very sleepy (drowsy) or confused.
- Weak, high-pitched cry or can't be settled.
- Has a fit (seizure).

RED LEVEL:
Call the Emergency Department at 239-2009. They will advise on how to access emergency services safely.



Bermuda Hospitals Board

Key telephone numbers

Vaccination advice (Department of Health): 278-6460
Emergency Department: 239-2009
Lamb Foggo Urgent Care centre: 236-7700