

# Information on the Current Occurrence of Measles

For students and employees of TU Dresden

## A case of measles has occurred at TU Dresden.

The ill and infectious person was at TUD and in the canteen on 8<sup>th</sup> and 9<sup>th</sup> of January 2019. Beginning appr. 22<sup>nd</sup> January 2019, subsequent cases of the disease are to be expected. Please observe the following instructions and consult your family doctor if necessary.

## Virus and Transmission

Measles is caused by the measles virus. Transmission occurs exclusively from person to person as a droplet infection through coughing, sneezing or speaking. Almost every incidence of contact between an unvaccinated person and an infected person leads to infection, even from a few meters away.

## Occurrence

Measles is present worldwide. In Germany, the prevalence of measles has fallen sharply due to vaccinations. Nevertheless, outbreaks occur regularly in unvaccinated persons. It also increasingly affects adolescents and young adults.

## Course of the Disease

The time from infection to the onset of the illness (incubation period) is eight to ten days. The disease usually begins with a high fever, cough, runny nose, inflammation in the nasopharyngeal cavity and of the conjunctiva, and with white patches on the oral mucosa. After three to seven days, the typical rash develops, which begins behind the ears and on the face before spreading to the entire body. This persists for four to seven days. When the rash subsides, flaking of the skin may occur.

Since the introduction of the vaccination, symptoms have become much more rare, making the clinical diagnosis more difficult. Therefore, a diagnosis should be confirmed by a laboratory verification.

**If measles is confirmed**, spread of the disease should be prevented. Patients are contagious from five days before and until four days after the onset of the skin rash. Bed rest is required during this time and the patient should receive no visitors.

**Having had measles leaves one with lifelong immunity.**

## Complications

Measles weakens the immune system for at least six weeks after the illness, so the body's ability to fight off other pathogens may be weakened. This can lead to middle-ear infections, diarrhoea, respiratory inflammations, pneumonia, as well as meningitis, which occurs in 0.1 percent of measles cases, of which 10 to 20 percent are fatal.

## Procedure after contact with a person with measles

Please check your vaccination status or the vaccination status of your child (a minimum of two vaccinations are considered complete protection). In the case of missing or incomplete vaccinations, you should get vaccinated within three days after contact (no age limit). In children aged two to four years, the second measles vaccine can be administered ahead of schedule.

Note: An interval of at least three months should follow the first vaccination before the second is given.

Also considered protected are:

- Persons who had (medically documented) measles themselves
- Individuals with verified antibodies
- Persons born before 1958

**If symptoms are evident** (e.g. cough, fever), the person concerned should consult a doctor. Inform the doctor's office by phone that measles is suspected so that the medical team can take appropriate precautions before the visit.

The Health Department forbids individuals with incomplete vaccinations from having contact with those infected with measles, as well as from having contact with others or working for at least 16 days after exposure.

If you have any questions, please do not hesitate to call the Dresden Public Health Department at (0351) 4 88 82 04 or -05.

Further information is available at:  
[www.rki.de](http://www.rki.de) → Infektionsschutz → RKI-Ratgeber für Ärzte → Masern