



# Measles

## RECOMMENDATIONS TO AVOID TRANSMITTING THE DISEASE

For more information, visit:

[prefeitura.sp.gov.br/covis](http://prefeitura.sp.gov.br/covis) a

[f](#) [i](#) [t](#) [saudeprefsp](#)



SEABEVS

Secretaria Executiva  
Atenção Básica  
Especialidades e  
Vigilância em Saúde



PREFEITURA DE  
SÃO PAULO

## NOT TO TRANSMIT...

Measles is a communicable disease that is spreads easily and can worsen, leading to complications, including ear infections and pneumonia. It is an important cause of mortality children in countries with low vaccination coverage.

Transmission is direct from person to person, by through the secretions expelled by the patient when coughing, breathing, speaking or sneezing and which remain dispersed in the air, especially indoors such as: schools, daycare centers, clinics, means transportation and workplaces.

## STAY TUNED:

- If you have a fever, red spots on your body, accompanied by cough, runny nose or conjunctivitis, can be measles symptoms;
- When seeking medical assistance, report symptoms to the health unit reception. Request a mask;
- Do not go to school or work;
- Avoid crowds and closed environments;
- Avoid leaving the house for up to 4 days after the rash begins. (red spots). If you must go out, avoid crowds and closed spaces and wear a mask;
- Remember the places you frequented 6 days before presenting symptoms and inform epidemiological surveillance;
- Avoid contact with pregnant women and children under 6 months old and people undergoing cancer treatment or using high doses corticosteroid;
- Keep your vaccination record up to date;
- Always cover your nose and mouth when coughing or sneezing (use disposable tissues or protect with your arm);
- Do not share food, cups, towels and household objects. personal use;
- Wash your hands frequently with soap and water or use alcohol gel;
- Maintain a good diet and healthy habits.