DANISH HEALTH AUTHORITY

Measles

is one of the most contagious diseases known. Anyone can become infected and ill, but adults often become sicker than children.

In Denmark, children are offered vaccination against measles, mumps and rubella (MMR vaccination) as part of the Danish Childhood Immunisation Programme. The MMR vaccination gives life-long protection against measles.

Children and adults who have not previously had measles or been vaccinated against measles are eligible for a free vaccination.

Talk to your doctor if you wish to get vaccinated.

What are the symptoms of measles?

The initial symptoms of measles are usually a cold, high fever, malaise (feeling ill), a cough and red and sore eyes. After about 3-4 days, a red/pink rash will appear and then spread over the entire body.

Most people who get measles make a full recovery. Common complications of measles include ear infections and pneumonia.

In rare cases, measles can cause inflammation of the brain tissue (encephalitis), which can lead to permanent brain damage and may be life-threatening.

The measles infection lasts about 1-2 weeks. The person who has measles may return to childcare/school/work when at least 4 days have passed since the rash first appeared and they are feeling better.

Talk to your doctor if the fever does not go down a few days after the rash first appeared, if you are still feeling ill, or if you are concerned.

How is measles treated?

There is no treatment for measles, but it is possible to relieve the symptoms.

Talk to your doctor if you think you may have been infected with measles. In some cases, preventive treatment can be given before symptoms develop.

Get vaccinated if you travel

In Denmark, the number of people infected with measles is low. This is because most people are vaccinated against measles. However, in Europe and the rest of the world, the number of measles cases is high, and the risk of becoming infected is greater than in Denmark. Therefore, you should make sure that you and your child are vaccinated against measles if you are planning to travel.