



# ACCÉSSS

Alliance des Communautés Culturelles pour  
l'Égalité dans la Santé et les Services Sociaux

**Measles is a disease caused by a virus that is highly contagious. It primarily affects children, but it can also affect pregnant women and people with weakened immune systems.**

## **How is measles transmitted?**

Measles spreads easily through saliva droplets when an infected person coughs or sneezes. The virus can also be transmitted by touching contaminated surfaces, and then touching your mouth, nose, or eyes. A pregnant woman who is infected can pass the virus to her baby before birth. This virus is extremely contagious: an infected person can transmit it to 18 other people in their surroundings.

## **What are the symptoms?**

The main symptoms of measles include high fever (above 38°C/100.4°F), a dry cough, a runny nose, red and watery eyes, and severe fatigue. Two characteristic signs of measles are red spots that first appear on the face and then spread to the rest of the body, and small white spots inside the mouth. For a pregnant woman, contracting measles can lead to serious complications for both her and the future baby.

## **Who is at risk?**

Certain people are at higher risk of serious complications from measles, such as unvaccinated children under the age of 5, individuals with weakened immune systems, and pregnant women.

## **How to prevent measles?**

The best way to prevent measles is through vaccination. This vaccine is usually administered to children in their first year of life, along with vaccines for mumps and rubella. Unvaccinated adults can also be vaccinated. If someone is infected, it is important to isolate them to prevent the spread of the virus and ensure they stay hydrated. Maintaining good hygiene, such as washing hands regularly, cleaning surfaces, and avoiding sharing objects, also helps prevent transmission.