

# MEASLES, MUMPS AND RUBELLA



## MEASLES, MUMPS AND RUBELLA:

Measles, Mumps and Rubella can be highly infectious diseases<sup>1</sup> and can spread through droplets of saliva, inhaled or picked up from surfaces and transferred into the nose or mouth.<sup>2</sup> They can cause serious complications.<sup>1</sup>

Contact your GP as soon as you suspect you have any of these diseases or if you have been in contact with someone who has these diseases and you have not been fully vaccinated.

### MEASLES

Common in young children but can affect anyone.<sup>3</sup>

Infection usually clears in 7-10 days. Symptoms develop around 10 days after infection.<sup>3</sup>

#### Symptoms:

- Cold-like symptoms. (runny nose, sneezing, cough)
- Sore, red eyes – sensitive to light.
- High fever.
- Small greyish-white spots on inside of the cheeks.<sup>3</sup>

### MUMPS

Common in children, but mostly affects people between ages 17 and 34 years.<sup>2</sup>

#### Symptoms:

- Most recognised by painful swellings on the side of the face under the ears (parotid gland) - Hamster face appearance.<sup>2</sup>
- Headache, joint pain and high fever may develop a few days before swelling of the parotid glands.<sup>2</sup>

### RUBELLA

Symptoms last a few days, however glands may be swollen for several weeks.<sup>4</sup>

#### Symptoms:

- Red-pink skin rash made up of small spots.<sup>4</sup>
- Swollen glands around head and neck.<sup>4</sup>
- Cold-like symptoms. (runny nose, cough)<sup>4</sup>
- Aching and painful joints. (common in adults)<sup>4</sup>
- High fever.<sup>4</sup>



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## SERIOUS COMPLICATIONS:

### MEASLES

- Lung infections. (Pneumonia)<sup>3</sup>
- Diarrhoea and vomiting - dehydration.<sup>3</sup>
- Middle ear infection - earache.<sup>3</sup>
- Eye infection.<sup>3</sup>
- Fits caused by fever.<sup>3</sup>

Around 1 in every 5000 people will die as a result of infection.<sup>2</sup>

### MUMPS

- Usually not serious and complications are rare.<sup>2</sup>
- Viral meningitis if the virus moves to the outer layer of the brain.<sup>2</sup>
- Swelling of testicles in males.<sup>2</sup>
- Swelling of ovaries in females.<sup>2</sup>

### RUBELLA

It is a serious concern if a pregnant woman contracts the virus during the first 20 weeks of pregnancy.<sup>4</sup>

Rubella can disrupt the development of the baby and can cause a wide range of health problems, including:

- Eye problems (cataracts)
- Deafness
- Brain damage
- Heart defects<sup>4</sup>

Birth defects caused by the rubella virus are known as congenital rubella syndrome.(CRS)<sup>4</sup>

## TREATMENT AND MANAGEMENT OF DISEASE:

### MEASLES

Stay away from work or school for at least 4 days from when rash appears to prevent spreading.<sup>3</sup>

Symptom relief:

- Fever and pain - over the counter painkillers.<sup>3</sup>
- Treat sore eyes - cleaning away crustiness from eyes with cotton wool and water.<sup>3</sup>
- Close curtains and dim lights.<sup>3</sup>
- Treat cold-like symptoms.<sup>3</sup>
- Drink plenty of fluids.<sup>3</sup>

### MUMPS

- Bed rest.<sup>2</sup>
- Fever and pain - over the counter painkillers.<sup>2</sup>
- Drink plenty of fluids, but avoid acidic drinks.<sup>2</sup>
- Apply warm/cold compress to swollen glands to reduce pain.<sup>2</sup>
- Eat food that does not require chewing, e.g. soup.<sup>2</sup>

### RUBELLA

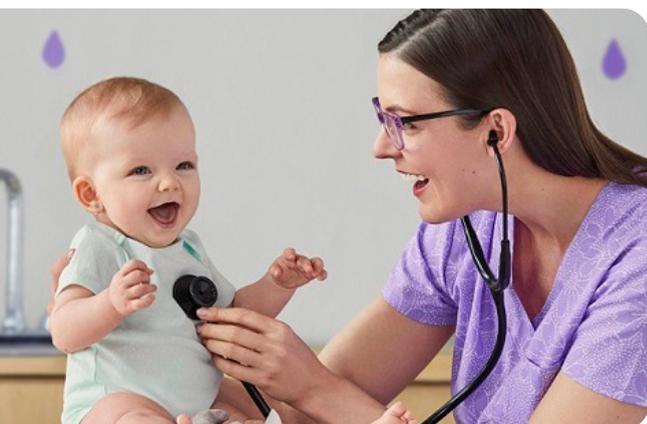
- Stay away from school or work for at least 4 days from when the rubella rash appears to prevent spreading.<sup>4</sup>
- Control fever and pain - over the counter painkillers.<sup>4</sup>
- Treat cold-like symptoms.<sup>4</sup>
- Drink plenty of fluids if high fever to avoid dehydration.<sup>4</sup>

## PREVENTION:

Routine MMR vaccination<sup>1,3</sup>

2 dose regime, from the age of 12 months<sup>1,5</sup>

If you are not sure whether you have been vaccinated against MMR in the past, having the vaccine again will not cause any harm.<sup>3</sup>



**Please note:** This is an education information leaflet only and should not be used for diagnosis. For more information on Measles, Mumps and Rubella consult your healthcare professional.

### References

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3. NHS Inform. Measles guide. Available from: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/measles>. Accessed: December 2021.
4. NHS Inform. Rubella guide. Available from: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/rubella>. Accessed: December 2021.
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