

# Department-of Disease Control Weekly Disease Forecast No.170\_Measles (29 July – 4 August 2018)

From the national disease surveillance system, the Department of Disease Control revealed 1,316 measles cases (no deaths) during 1 January to 19 July 2018. Cases were found most in the 15 - 24 years age group (26.98%) and the Central region.

During the past two weeks, there were 5 clusters of measles cases. One cluster (5 cases) occurred among personnel of a hospital in Ubonratchathani province. Another cluster was found in a school in Suphanburi province. The rest occurred among health personnel in hospitals and a reserve officer training camp.



This week disease forecast reveals a continue trend of measles occurrence since the virus remains active longer in cool weather of this rainy season. Measles can be found in all ages but are mostly found in young children. As the disease is highly contagious, outbreaks usually occur in crowded places. It is noted with concern that outbreaks among adults were increasing.

The virus, found in nasal and throat secretions of the patient, is easily spread by coughing, sneezing, and close contact with patients. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected. Common symptoms are high fever (usually last for 3 days), dry coughing, running nose, red and watery eyes, and small white spots inside the cheeks that can develop in the initial stage. After several days, the rash erupts, usually on the upper neck and face. The rash then spreads eventually to trunk, hands and feet. The rash lasts 5 to 6 days, and then fades. Complications are diarrhea and middle ear infection. The most serious complications include encephalitis, pneumonia, convulsion, and blindness and may result in death. Severe measles is more likely among young children with malnutrition or weakened immunity. Measles illness needs a hospitalization for a proper medical and supportive care.

The Department of Disease Control encourages parents to bring their children to get measles-mumps-rubella (MMR) vaccination as scheduled by the Ministry of Public Health, i.e. the first time at the age of 9 months and the second time at the age of two and a half years. Health personnel with high risk of exposure to measles patients should also get the vaccine.

For queries or additional information, please call DDC hotline 1422.

