



MEASLES

麻疹



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WHAT IS MEASLES?

Measles is a highly contagious disease caused by a virus. It is widespread in many parts of the world and recently there are many outbreaks in the U.S.

HOW DOES MEASLES SPREAD?

Measles is spread from person-to-person through the air. Droplets from coughing or sneezing may infect another person.

Measles is also spread through direct contact such as kissing, touching, holding hands or sharing utensils with an infected person.

Measles is highly contagious. If you have not been vaccinated or already had measles, you will probably get it if you are in the same room as someone who has measles. Measles virus can remain infectious on surfaces and in the air for up to two hours after an infected person leaves an area.

HOW SERIOUS IS MEASLES?

MEASLES CAN CAUSE PNEUMONIA, DIARRHEA, BRAIN DAMAGE, BLINDNESS AND EVEN DEATH.

Measles can be serious in all age groups. However, children younger than 5 years of age and adults older than 20 years of age are more likely to suffer from measles complications.

RISK FACTORS

- Infants and children younger than 5 years of age
- Adults older than 20 years of age
- Pregnant women
- People with weak immune systems

WARNING SIGNS AND SYMPTOMS

The symptoms of measles generally appear about 7 to 14 days after a person is infected.

Measles typically begins with:

- High fever
- Cough
- Runny nose
- Red, watery eyes
- A rash typically appears 3-5 days after symptoms begin, first on the face, at the hairline, and then spreads downward to the rest of the body.

PREVENTION

Measles can be prevented with the MMR (measles, mumps, and rubella) vaccine.

Make sure your child is protected! CDC recommends that all children get two doses:

- First dose at 12 through 15 months of age
- Second dose 4 through 6 years of age.

Adolescents and adults should also be up to date on vaccinations. Ask your health care provider if you have questions about whether you need the MMR vaccine.

Sources:

- Centers for Disease Control and Prevention
- California Department of Public Health

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

NEMS Health Ed. – Rev. 12/2019



甚麼是麻疹?

麻疹是一種由病毒引起的具有高度傳染性的疾病。麻疹廣泛存在於世界許多地方，最近美國境內也有多個麻疹爆發。

麻疹是如何傳播的?

麻疹是通過空氣由一個人傳播給另外一個人的。咳嗽或打噴嚏時的飛沫可以把麻疹傳染給別人。麻疹也可以通過直接的接觸來傳播，例如親吻、觸摸、握手或與感染者共用餐具。

麻疹的傳播性非常高。若是您還沒有接種麻疹疫苗或已經患過麻疹，如果與麻疹患者滯留在同一房間內，您很有可能會被傳染。麻疹患者離開之後，存留在物體表面和空氣中的麻疹病毒的傳染性可長達二個小時。

麻疹有多嚴重?

麻疹可導致肺炎、腹瀉、腦損傷、失明、甚至死亡。

麻疹在各個年齡段的人中都有可能引發嚴重併發症。然而，五歲以下的兒童和二十歲以上的成年人更容易患上麻疹引起的併發症。

風險因素

- 五歲以下的兒童或嬰兒
- 二十歲以上的成年人
- 懷孕的婦女
- 免疫力低的人

預警症狀和症狀

麻疹症狀通常在感染之後七至十四日後出現。麻疹通常是這樣開始的：

- 發高燒
- 咳嗽
- 流鼻涕
- 眼睛流淚、發紅
- 在以上症狀出現的三至五日後出現紅疹，最先出現在臉部、髮際綫、並向下擴散至全身。

預防

麻疹可以通過接種 MMR（麻疹、腮腺炎和風疹）疫苗來預防。

確保您的孩子受到保護! 美國疾病預防控制中心建議所有的兒童接受兩次麻疹疫苗接種：

- 在十二至十五個月時接受第一次疫苗接種
- 在四至六歲時接受第二次疫苗接種

青少年和成年人也應該及時接種疫苗。如果您對是否需要接種 MMR 疫苗有疑問的話，請諮詢您的家庭醫生。

資料來源：

- Centers for Disease Control and Prevention
- California Department of Public Health

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