

Facts about Measles

Don't Fool
with Measles



Measles is a
**DANGEROUS
DISEASE**



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Facts about Measles.

Every mother should bear in mind the fact that Measles is a highly contagious and serious fever. Far too many people consider Measles to be a trifling kind of illness about which there is not much need to worry. This is a great mistake. Although the percentage of deaths from Measles in well-nourished children is very small, the great danger lies in the troubles it leaves behind.

Even the simplest case of Measles may leave blindness, deafness, or disease of the lungs behind it.

HOW ONE CATCHES MEASLES

Measles, in nearly every case, is caught directly from contact with someone suffering from the disease.

Every mother knows how quickly Measles will spread through a district, and the reason for it spreading so quickly is this: Measles is most catching in its earlier stages. A child sickening for Measles will be coughing and sneezing for three or four days before the rash appears, and as it has been found that the disease may be caught from these coughs and sneezes by anyone within 9 feet of the sufferer, it will be at once seen how easily it may be caught, and why it spreads so quickly

The first signs of Measles are like the signs of a sharp cold in the head. Sneezing generally occurs early. The eyes are red and watery, and the child appears to dread the light and complains of it hurting the eyes. Hoarseness is common, and a harsh and irritating cough is present. There is almost always more or less fever. In a short time the skin becomes very hot, and the tongue furred. With these signs the child usually feels ill and miserable, but will very often be up and about till the rash appears. This usually appears on the fourth day. Generally it is seen, first, at the roots of the hair and behind the ears, but often appears first on the face. The neck, face, and body are soon covered, and within 24 hours of its appearance the child is covered from head to foot. The rash soon collects into groups and forms large red blotches.

SIGNS OF MEASLES.

If you have reason to believe that the child is sickening for Measles **send for the doctor at once.** Take no notice of anyone who tries to belittle the disease by saying "It's only Measles." Too many complications, such as Pneumonia, Bronchitis, etc., *may* arrive with Measles for the disease to be treated lightly.

HOW TO TAKE CARE OF A CHILD WITH MEASLES.

The first thing to do is to put the child to bed in an airy, well-ventilated, and darkened room. Draughts must be avoided. The bowels must be kept open. Only light food should be given and the chest must be kept protected. Plenty of water, or weak lemon drink, should be given.

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As soon as the rash has faded, the skin begins to peel off in very fine scales, of a bran-like appearance.

It is most important that the eyes should be kept perfectly clean. The doctor will advise what to do.

AFTER EFFECTS OF MEASLES.

The utmost care must be taken when the child is recovering from the disease. It is during this period that the most dangerous after effects may set in. It must be remembered that a child ill with Measles loses much of its strength, and so falls an easy prey to pneumonia, and other dread diseases. The kidneys may be upset, and may develop chronic diseases in later life.

GENERAL REMARKS.

The moment you know the child has Measles *keep it away from other children.*

Never wilfully expose a child to Measles infection. It may be convenient, but the risk is too great, especially to children under 5 years of age.

Try and prevent Measles spreading, even if the chances *are* against success.

When Measles break out in your house, keep the younger children from school.

Always send for the doctor.

Remember! Measles is a dangerous disease.

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