

Measles



Local situation of measles

As of March 29 approx 30 cases have been reported in Hong Kong, mainly isolated to a cluster of cases amongst workers at Hong Kong International Airport (HKIA). This compares with over 200 cases recently reported in New York, USA. The Hong Kong Government Centre for Health Protection (CHP) is closely monitoring the situation and has implemented an immunization programme for airport workers.

Global situation of measles

Globally, an increased number of measles cases were reported in many parts of the world in 2018 and this surge continues through 2019. Measles outbreaks have been reported in many countries in recent months including the Philippines, Japan, New Zealand, USA etc. The incidences in some countries in Europe and Southeast Asia far exceeded that in Hong Kong.

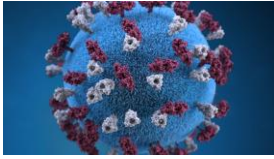
Key points to remember about measles

- measles can be a serious disease
- it's caused by a virus
- measles is very easy to catch
- it usually takes 10 - 12 days from contact with someone with measles to the first symptom
- signs & symptoms include; fever, cough, runny nose, red eyes & white spots inside the mouth
- this is followed 3-7 days later by a red blotchy rash, usually spreading from the face & neck to the rest of the body
- if you think you might have measles, phone your family doctor as soon as possible for advice, don't go to your doctor's clinic or hospital without phoning first - measles can spread easily to others in the waiting room
- rest until you are well again
- children and adults with measles can develop complications like pneumonia
- immunisation is the only way to prevent measles
- review your vaccination history and past medical history

Prevention

Besides being vaccinated against measles, the following measures should be taken to prevent infection:

- Maintain good personal and environmental hygiene;
- Maintain good indoor ventilation;
- Keep hands clean and wash hands properly;



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- Wash hands when they are dirtied by respiratory secretions, such as after sneezing;
- Cover the nose and mouth while sneezing or coughing and dispose of soiled tissues properly;
- Clean used gym equipment and furniture properly; and
- Persons with measles should be isolated until four days from the appearance of rash to prevent spread of the infection to non-immune persons.

What is the HKRU doing?

The Union is closely monitoring reports of recorded cases and is in contact with the Centre for Health Protection to ensure we receive the latest information and guidelines.

Where can I find more information on Measles?

[HK CHP](#) Centre for Health Protection

[CDC](#) Centers for Disease Control and Prevention)

[WHO](#) The World Health Organization

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