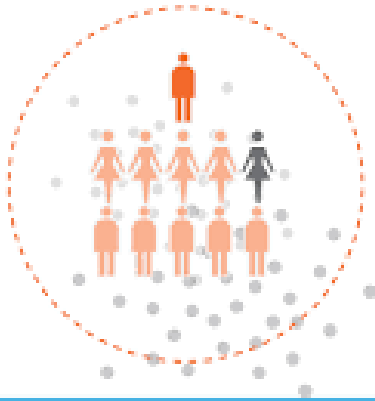


## MORE INFORMATION ON MEASLES

### MEASLES IS VERY CONTAGIOUS

ONE PERSON WITH  
MEASLES CAN  
SPREAD IT TO 9  
OUT OF 10  
UNVACCINATED  
PEOPLE  
AROUND THEM.



PAHO



#GETVAX BECAUSE  
#VACCINESWORK

## COMBATING MEASLES

- Ensure that all immigrants and travelers at entry points are vaccinated against measles.
- Massive vaccination of children helps prevent the spread of measles
- Create public awareness on ways of preventing the spread of measles through mass media.
- Educate the public to abandon cultural beliefs that increase the spread of measles.
- Increase hygiene standards among the people.

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# MEASLES

IT ISN'T JUST A LITTLE RASH



## MEASLES AMONG IMMIGRANTS

Measles is a highly infectious viral infection that affects the respiratory system. The infection is characterized by

- skin rashes
- fever
- running nose,
- cough and
- sore throat.

The disease spreads through respiratory droplets making it highly contagious.

In the USA, measles is mostly spread by immigrants and travelers (Heywood, 2018).



## ENVIRONMENTAL FACTORS THAT INCREASE AN INDIVIDUAL'S RISK OF CONTRACTING MEASLES

The spread of Measles is affected by environmental factors.

- One of the environmental factors that affect the spread of measles is **weather patterns**.
- Temperature affects the spread of measles in that **high temperatures** and **cold temperatures reduce the spread of measles**.
- There is a low spread of measles in environments with very cold temperatures and very high temperatures.
- However, environments with high humidity increase the spread of measles since the viral droplets stay in the humid environment for long (Yang et al., 2014).

## CULTURAL FACTORS THAT INCREASE AN INDIVIDUAL'S RISK OF CONTRACTING MEASLES

Cultural practices and beliefs affect the spread of measles among the Mexican population.

These include:

- **Measles is a curse or punishment** and therefore it should be addressed through religious or cultural practices.
- The belief leads to the increased spread of the disease since people are not protected from the viral droplets of the disease.
- Some Mexicans especially those who abide by cultural beliefs and practices are against **vaccination**.
- Refusing to be vaccinated leads to the spread of the virus rapidly among the population.
- Culture also affects the spread of measles due to **cultural events**.
- Overcrowding during cultural events increases the spread of the infection.

## PRECAUTIONS TO BE IMPLEMENTED IN THE HOME IF A MEMBER HAS BECOME INFECTED WITH MEASLES

### ISOLATION

Isolation of the sick member from other family members

### VACCINATION

Ensuring and confirming that all members of the family were vaccinated against measles.

### HIGH HYGIENE STANDARDS

Observing high hygiene standards such as hand washing and disinfecting surfaces.

### SOCIAL DISTANCE

Observing social distance within the family at least two meters apart.

### AVOID SHARING UTENSILS

Avoid sharing utensils and belongings with the infected person.

### NOTIFY RELEVANT AUTHORITIES

Notify relevant authorities in case there is a suspect in the family.