

## DOCTOR DISCUSSION GUIDE

# Managing Measles

Most people recover from measles without major issues, but since it's extremely contagious and can sometimes lead to complications, it's important to understand the condition. Asking the right questions during your conversation will help you know what to expect and how to better navigate measles. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Acute Encephalitis</b>	In roughly one in 1,000 people, the measles virus causes the brain to swell, resulting in a condition called acute encephalitis. This can happen between 1–15 days after the rash appears and leads to brain damage in about a quarter of people who get it.
<b>Communicability</b>	The likelihood someone will give a pathogen (like a virus) to other people. The measles virus is highly communicable, meaning it's easy for someone with the disease to pass it on to others who aren't already immune. Communicability for measles is highest during the first few days of the rash.
<b>Exanthem</b>	A large rash. Measles has a fairly distinct rash that doctors look for when diagnosing the disease. It starts at the hairline with small, distinct spots, and then spreads to become one big, red rash all over the body.
<b>Incubation Period</b>	How long it takes to get sick after being exposed to the virus. For measles, infected individuals usually start to feel sick 7–14 days after coming in contact with the virus, though the telltale rash can appear anywhere from 7–21 days after.
<b>Koplik Spots</b>	Small, white dots or bumps inside the mouth. These are an early sign of measles infection and generally show up before the rash does. Doctors will often look for them if they suspect measles.
<b>Rubeola</b>	Another name for measles.
<b>Subacute Sclerosing Panencephalitis (SSPE)</b>	An extremely rare condition where the body's nervous system slowly starts to shut down years after recovering from measles. It's believed to be caused by a persistent measles infection in the brain and is often fatal.

