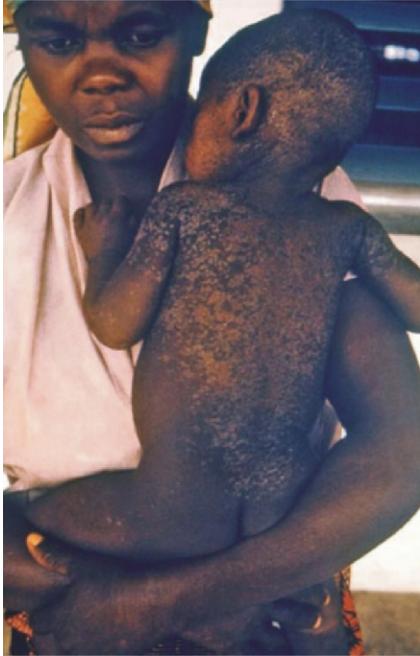


WHAT YOU NEED TO KNOW ABOUT MEASLES



Mother and child photo courtesy of:
Centres for Disease Control and Prevention
www.cdc.gov/measles/about/photos.html
PHIL Photo ID # 6887

What is measles?

Measles is a highly infectious and severe disease caused by a virus which can affect any person, usually children under 5 years of age.

How does one get infected with measles?

The measles virus can be passed on from one person to the other through close contact with an infected person through sneezing and coughing.

How do you recognise measles?

Your child may present with some of the following:

- Hot body.
- Rash which starts on the forehead and neck which then spreads to then whole body.
- Running nose and cough.
- White spots in the mouth.
- Diarrhoea, sore throat and red eyes.

What happens to an unvaccinated child with measles?

The measles virus makes a child's immunity weak and puts him/her at risk of infections. It also causes sores in the mouth leading to:

- Difficulty in eating.
- Malnutrition.

Produced by the Ministry of Health and Child Welfare (Health Promotion Unit) in collaboration with MCHIP



What are the possible complications of measles?

- Pneumonia.
- Blindness and deafness.
- Persistent diarrhoea.
- Malnutrition.
- Convulsions.
- Death.

What do you do if you suspect that your child has measles?

REPORT URGENTLY TO THE NEAREST HEALTH FACILITY.

How do you care for a child with measles at home?

- Continue with recommended treatment from the clinic.
- Continue breastfeeding if the child is still on the breast.
- Give the child plenty fluids frequently.
- If a child has diarrhoea, prepare and give salt and sugar solution.
- Give child nutritious food (like porridge with peanut butter, eggs, milk etc) frequently in small amounts.
- Avoid use of harmful herbs, e.g. *ruredzo* or tomato leaves on the child's eyes.
- Provide rest in a well ventilated and darkened room.
- Report back to the clinic after 2 days.

How can measles be prevented?

Ensure that your child is vaccinated against measles at nine months of age.

REMEMBER:

- Measles is preventable and curable.
- Ensure that your children and neighbours' children are vaccinated against measles at the nearest health facility, outreach point or any other designated places.
- Measles vaccine is **FREE**.
- Ensure your child is given Vitamin A supplementation starting from 6months and every 6 months thereafter until 5 years of age.
- Exclusively breastfeed for the first 6months and give complementary foods after 6months and continue breastfeeding up to 2 years or more to protect your child from infections and illnesses.
- If the child is not able to drink, develops a hot body, has difficulty in breathing, or is breastfeeding poorly, he/she should be taken to the hospital/ clinic immediately.

ZVAMUNOFANIRA KUZIVA PAMUSORO PEGWIRIKWITI



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Chii chinonzi gwirikwiti?

Gwirikwiti chirwere chakaipa chinokonzera neutachiona (virus) hunokwanisa kubata vanhu vese kunyanya vana varipasi pemakore mashanu. Chirwere ichi chinoonekwa nekupisa muviri uyezve nekubudisa tumapundu kuseri kwenzeve tuchipararira muviri wese .

Gwirikwiti rinopararira sei?

Utachiona hwegwirikwiti hunopararira kubva kune munhu ane gwirikwiti kuenda kune asina pakuhotsira nekukosora.

Ndingaziva sei kuti mwana ane gwirikwiti?

- Kupisa muviri.
- Mapundu akati sarara anotangira kuseri kwenzeve achipararira kumeso, muhuro nemuviri wese.
- Kukosora.
- Tupundu twakachena mukanwa.
- Manyoka.

Chii chinoitika kana mwana asina kudzivirirwa gwirikwiti?

Gwirikwiti rinoita kuti masoja emuviri wemwana ashaye simba mumuviri zvichimuisa panjodzi yekubatira zvirwere. Gwirikwiti rinoitisa maronda mumukanwa zvichizokonzera kuti:

- Anetseke pakudya.
- Aperezeke muviri.

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Chii chinoitika kana mwana akanonokerwa kurapwa?

- Mabayo.
- Kuita bofu kana matsi.
- Manyoka.
- Kugwinha.
- Kufa.

Ndezvipi zvandingaite kana ndichifungidzira kuti mwana wangu ane gwirikwiti?

Enda nemwana wako nekukurumidza kukiriniki iri pedyo newe.

Mungachengete sei mwana ane gwirikwiti kumba?

- Rambai muchipa vana mishonga yavapiwa kukiriniki.
- Rambai muchiyamwisa vana mukaka kana vachiri pazamu.
- Ipai mwana zvinwiwa zvakawand.
- Kana mwana anemanyoka mupei mvura yeshuga nemunyu.
- Ipai zvekudya zvinovaka moviri zvinosanganisira bota rine dovi, mukaka, mazai kana maheu zvishoma nezvishoma uye kakawanda.
- Musashandisa ruredzo kana mashizha emadomasi mumaziso emwana.
- Munofanira kudzokera kukiriniki mushure memazuva maviri mabva kukiriniki.
- Itai kuti mwana azorore mumba inofefetera mhepo uye inechidima.

Gwirikwiti rinodzivirirwa sei?

Bayisa mwana pamwedzi mupfumbamwe jekiseni rekudzivirira gwirikwiti.

RANGARIRAI

- Gwirikwiti rinodziviririka.
- Onai kuti vana venyu nevevavakidzani vakabayiwa kudzivirira gwirikwiti.
- Jekiseni regwirikwiti rinobayiwa pachena.
- Onai kuti mwana wenyu apiwa Vitamin A apo paanosvika mwedzi mitanhatu yekuzvarwa, uye mushure memwedzi mitanhatu yega yega, kusvikira ave nemakore mashanu.
- Ipa mwana mukaka waamai chete chete kwemwedzi mitanhatu yekutanga, nokumupa kumwe kudya kunovaka moviri paanosvitsa mwedzi mitanhatu nekuramba muchiyamwisa kwemakore maviri kana kudarika.
- Kana mwana asingagoni kunwa, achipisa moviri, asingagoni kufema zvakanaka kana kuyamwa mukakaendai naye kukiriniki nekukurumidza.