

MEASLES

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Abstract: Measles is an acute infectious viral disease. Measles is the most common infection in the world, it is the most contagious infectious disease that causes rashes and serious complications.

Keywords: measles, infection, vaccine, immunity.

If someone who does not have measles or who has not been vaccinated comes into contact with someone who is sick, the chance of contracting measles is close to 100 percent.

It is possible to get measles

Measles infects both 2.5-year-old children and adults. However, in recent years, the incidence of this disease among teenagers and adults has increased dramatically. Newborn babies have innate immunity passed down from their mothers. If the mother has previously had measles and developed immunity, the child will be protected by maternal immunity until the age of one year, especially breastfed children. Such children easily get measles and after that they develop strong immunity against measles.

Sickness season

Measles occurs in most cases during December-May.

How is measles transmitted?

Measles is transmitted by airborne droplets. Measles virus is released into the environment when a sick person coughs, sneezes, and talks along with droplets of saliva from the upper respiratory tract. The measles virus can survive in the environment for two hours, so it can be transmitted to a healthy person who entered the same room as a sick person two hours ago. A person infected with measles is infectious 2-4 days before the rash and remains a source of infection during the acute period of the disease.

The incubation period lasts two weeks on average. This period can last from 7 to 28 days. By the 5-6th day of the disease, its virus enters the blood from the oropharynx and spreads to all organs and tissues of the body.

Measles virus mostly affects the tissues of the respiratory system, stomach and central nervous system.

The first signs of the disease:

High temperature (up to 40.5°C)

Inflammation of the mucous membranes of the oral cavity and upper respiratory tract

Conjunctivitis

Rash. The rash appears on the third day of the disease and spreads over the whole body in the next three days, then disappears within three days, leaving some spots.

Complications of measles

The most dangerous aspect of measles is its complications. Its complications include laryngitis (acute inflammation of the larynx), laryngotracheobronchitis (infection of the respiratory tract), pneumonia (inflammation of the lungs), otitis (inflammation of the middle ear), hives, inflammation of the brain. include encephalitis, myocarditis (inflammation of the heart muscle).

Treatment of measles

In ancient times, our grandmothers used to dress a person with measles in a red shirt and believed that it was a kind of cure. Even today, this monument has been preserved. But in modern medicine, it is recommended that the disease can be protected only by timely vaccination.

It is necessary to ensure that patients with measles lie quietly in a darkened room (sharp light causes severe pain in conjunctivitis). The mouth is rinsed with a solution of tea soda, sulfacil and other antibacterial drops are dripped into the eyes to prevent complications.

Antibiotics are recommended if pneumonia or other bacterial complications develop. Vitamin A can be used in large doses for the prevention and treatment of the disease (only under the supervision of a doctor!)

Prevention of measles

Today, in order to prevent complications and even death from measles, mandatory preventive vaccinations against measles have been introduced in many countries. After vaccination, even if the disease is contracted, it passes without complications and in a mild form.

For information, after the measles vaccine was developed in 1963, the number of people suffering from this disease and dying decreased by a hundred times.

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