

Beware of Measles!

✔ What is measles?

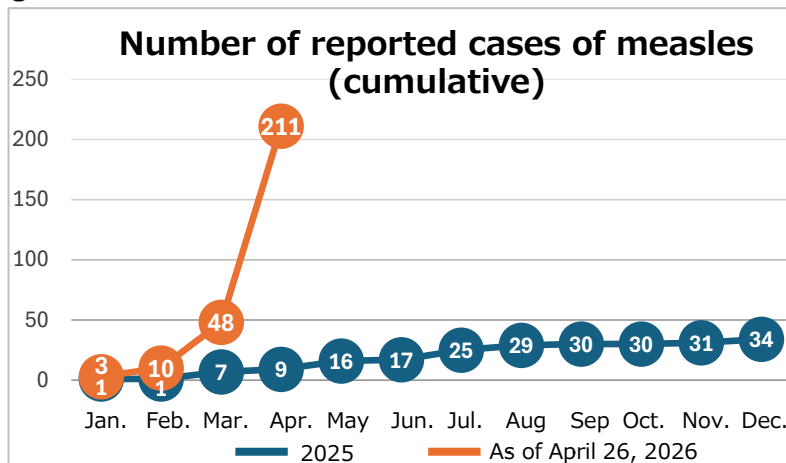
- It is an infectious disease caused by the measles virus.
- Measles is highly contagious, and if you do not have immunity, there is an almost 100% chance that you will get infected. This is why children in Japan get a two-dose vaccination for measles.
- Right after infection, measles causes coughing and nasal drip just like a cold. It then turns into fever and skin rashes, and can even lead to serious complications such as pneumonia or encephalitis.
- Its incubation period (the period from infection to first symptoms) is about ten days, and the disease is transmissible from about a day before symptoms to three days after the fever breaks.
- Tokyo Metropolis is calling on anyone who has not had two vaccinations and has not had the disease already to talk with your doctor about checking for antibodies and getting vaccinated.



*AI-generated illustration

✔ How common is it?

- In Tokyo, last year there were 34 cases (three group infections), second only to the epidemic of 2019. We already have more cases this year than last, so we need to be vigilant.



✔ If you suspect measles

- Phone a doctor to get an appointment for a diagnosis.
- Avoid going outside as much as possible. Please also stay off public transport as much as you can.
- Please wear a mask.

✔ Help with investigation and testing

- The Ministry of Health, Labour and Welfare has asked public health centers to investigate and test if measles is suspected.
- We ask that you please help with these investigations, testing, health monitoring, and so on if contacted by a public health center.
- You will be asked about vaccination history and disease history in these investigations, so it would make it easier to have some records, such as the Maternal and Child Health Handbook, ready.
- If you have any concerns, please contact your nearest public health center.

Contact your
nearest public
health center for
more details

