

# Caution for Measles!

## ☑ What Type of Disease is Measles?

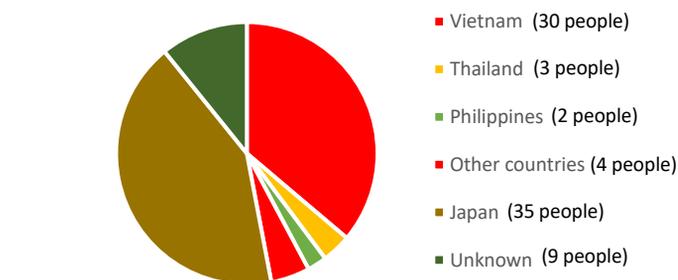
- Measles is an infectious disease caused by the measles virus. It is also called “rubeola.”
- Measles is highly contagious, and when people without immunity are infected, they will develop the symptomatic disease almost 100% of the time.
- Symptoms appear at the onset of measles, including high fever, rash, cough, and runny nose.  
In severe cases, people may develop complications such as pneumonia and encephalitis.
- The incubation period (the period from infection to appearance of symptoms) for measles is about 10 days, and its infectious period (the period of possible transmission to other people) is from 1 day before onset to 3 days after the fever has subsided.



## ☑ How to Prevent Measles?

- The measles vaccine is effective for its prevention. Check your vaccination history using the Maternal and Child Health Handbook, etc.
- People with uncertain vaccination history who plan to travel to areas where measles is endemic should consult a medical institution about vaccination beforehand (because it takes time for antibodies to develop).

Estimated Infected Areas of Measles Cases Reported in Japan



Weeks 1 to 16 of 2025 (December 30, 2024, to April 20, 2025)  
Prepared by Tokyo on April 23, 2025



Scan here for  
the latest  
overseas  
information!

CDC website (English)  
Traveler's Health > Global Measles

Pay attention to your health status for about 2 weeks after returning to Japan.

## ☑ What If You Think You Have Measles?

- Visit a medical institution after calling to discuss it with them.
- Try to avoid using public transportation.
- Wear a mask.

## ☑ What If You Are Diagnosed with Measles?

- Avoid going out to prevent spreading the infection to others.
- Cooperate in surveys when contacted by your local public health center.