

Students :

Measles Warning

According to information provided by the Ministry of Health Labour and Welfare, the number of reported measles cases is rising.

The incubation period for measles is 10 to 12 days. Those with no immunity have a nearly 100% chance of contracting the disease if exposed. It can be life-threatening, regardless of age, due to its serious complications.

Preventative vaccination is therefore crucial. A series of two vaccination shots confers almost complete immunity to the disease. While most of the students enrolled at Tohoku University are already immune, making a mass outbreak unlikely, some students have not been vaccinated and may have no immunity. In particular, students born in areas where each type of vaccination is/was performed individually might not be vaccinated, or might have only taken the first of the two vaccination shots, and have little or no resistance. Therefore, we ask for cooperation regarding the following.

1. If you have had only one measles vaccination shot, or have never been vaccinated, we strongly recommend that you undergo vaccination at any nearby hospital/clinic except that you have had measles before.
2. If you have any measles-like symptoms, please call your hospital/clinic. Describe your symptoms and explain that you have never had measles before.
3. If you are diagnosed with measles after 25 Sep 2016, please be sure to inform the Student Health Care Center (e-mail: hoken@grp.tohoku.ac.jp, when you send a mail about measles, please write 'meaaales' in the title of your e-mail).

Characteristics of Measles

- Measles is highly infectious. It can be spread through the air, airborne droplets, and skin contact.
- The virus incubates for about 10 days, after which symptoms occur. The symptoms are similar to that of a cold, and include high fever, coughing, and runny nose. After 2 to 4 days, red blisters spread all over the body. In serious cases, it can develop into pneumonia or encephalitis.
- The disease is highly infectious for 5 days after the appearance of blisters. The School Health and Safety Act forbids anyone with measles from attending classes for 3 days after the fever subsides.

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