



## Have you been vaccinated against measles?

—We have had occurrences of measles in our university recently—



### What is measles?

Measles is an acute systemic infectious disease caused by the measles virus. The measles virus infection occurs through airborne, droplet, and contact infections. Because the infectivity of measles is very strong, even adults are affected by the disease unless they have immunity against it. Presence or absence of this immunity can be checked by measuring the antibody titer in blood examination.

Measles virus infection is characterized by common cold-like symptoms such as fever, cough, and nasal discharge after an incubation period, which is about 10–12 days. A few days later, red eruptions (rashes) appear on the back of the neck and face, body temperature rises, and the eruptions spread all over the body. Sometimes, fever at temperatures of 38–39°C may last for a week to 10 days.

Measles infection is likely to be complicated with pneumonia and tympanitis; further, encephalitis has been shown to develop in 1 of 1000 patients, with the mortality rate as high as 1 in 1000 patients, even in developed countries with advanced medical services. Further, serious encephalitis called “subacute sclerosing panencephalitis” develops in 1 in 100,000 patients about 10 years after the initial infection. In recent years in Japan, the number of vaccination increased as twice, resulting in a decrease in the number of measles cases.

### How to prevent measles?

**Because of the strong infectivity of measles virus and possible infection through airborne routes, the spread of the virus cannot be prevented by merely washing one’s hands and wearing a mask. Vaccination against measles is an effective preventive method and must be taken twice to prevent measles.**

※There are some individuals who have never been vaccinated against measles or vaccinated only once. Only once of vaccination is known to cause insufficient immunity in several people, and in addition, in some individuals the antibodies are gradually lost despite being vaccinated in their childhood. Therefore, receiving the second vaccination is important.

### ★ Check your results of the annual health checkup at the first year of Gifu University

The Student Health Administration System (On campus) <https://kenshinweb.gifu-u.ac.jp>



Gifu University conducts an antibody test for infectious diseases (measles, rubella, chickenpox, and mumps) in the annual health checkup at the time of your entrance. We recommend that students with low titers indicating insufficient resistance get an additional vaccination at a medical institution.

※Those students who were admitted to our university in 2010 or earlier could not have undergone the antibody test for infectious diseases at the annual health checkup at the time of their entrance. We recommend that these students should check their history of measles vaccination with their maternity record book and receive the necessary vaccinations in case they have not received the vaccinations twice. If you have no record, you may have a measles antibody test at any medical institution.