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For the attention of:  
- students and staff  
of higher technical schools, Bern  
University of Applied Sciences, Bern  
University of Teacher Education and  
Bern University  
in the Canton of Bern

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**Information Sheet on Measles  
for Higher Technical Schools, Bern University of Applied Sciences, Bern University  
of Teacher Education and Bern University**



**Eradication of Measles by 2015:**

- **Get vaccinated against measles and don't miss out on anything;**
- **Anyone contracting measles has to stay at home for 4 days following the onset of skin rash;**
- **Non-vaccinated contact persons of a measles case (born in 1964 or later), who haven't had measles have to stay at home for up to 21 days.**

**What is Measles?**

Measles is a highly contagious infectious disease. The measles virus is spread from human to human through droplets transmission, occurring when coughing or sneezing. The first symptoms occur one to three weeks after the infection and include fever, a cold, coughing and red eyes, followed by the appearance of the red spots typical of measles. These red spots spread from the face across the entire body, accompanied by high fever. There are frequent complications such as otitis media (in 70 to 90 out of 1,000 cases), occasionally pneumonia (in 10 to 60 out of 1,000 cases) or encephalitis (in 2 to 20 out of 1,000 cases). Measles may even lead to permanent disability, and, in rare cases, death. **In adults, the disease is often more serious and results in complications more frequently.**

**When is Measles Infectious?**

Measles is infectious even prior to the appearance of the red spots. For this reason, non-immune students and staff who were in contact with the measles case and haven't contracted the disease yet, have to be excluded from the educational establishment as soon as possible, that is, before they themselves become infectious to others, and must stay at home.

## What Happens in the Event of a Case of Measles in a Higher Technical School, Bern University of Applied Sciences, Bern University of Teacher Education and Bern University?

In order to prevent measles from spreading and protect persons who haven't yet or can't be vaccinated (e.g. persons with a weakened immune system),

- the Office of the Cantonal Medical Officer will exclude infected persons from the educational establishment for 4 days following the onset of the rash and they will have to stay at home;
- **non-vaccinated persons born in 1964 or earlier<sup>1</sup>**, that have been in contact with an infected person are **excluded for a maximum of 21 days**, unless they are vaccinated within three days (72 hours) following the last contact with the infected person, or if they have already had measles. The persons excluded by the Office of the Cantonal Medical Officer **must remain at home**.

The legal bases for these measures are found in Articles 11 and 16 of the Federal Law dated 18 December 1970 on Protection against Infectious Diseases in Humans (Epidemics Law, SR 818.101) and Article 21 of the Ordinance dated 22 May 1979 on the Enforcement of the Federal Law on Epidemics and Tuberculosis (BSG 815.122).

### How Can You Protect Yourself Against Measles?

Vaccination is the only possible means of prevention or the only form of personal protection against measles, as applicable. The measles vaccine was introduced 30 years ago and has been used ever since. For full immunisation, adults born in 1964 or later will only need two doses. If you are not or incompletely vaccinated (i.e. with only one dose), an initial vaccination and/or additional vaccination with up to a total of **two doses** is recommended.

### What Can You Do Now?

Check your immunisation status (e.g. with the help of the risk check tool on [www.stopmasern.ch](http://www.stopmasern.ch)). Vaccines against measles will be listed under the following names in your vaccination certificate: Attenuvax, Moraten, Rimevax, Measles live vaccine, Eolarix, MoRuviraten, Triviraten, Biviraten, MMVax, Rimprix, MMR-II, MMRVaxPro, Pluserix, Priorix or Priorix Tetra. If necessary, have yourself vaccinated or re-vaccinated. Additional vaccinations against measles of all adults born in 1964 or later are exempt from the insurance deductible until the end of 2015. Anyone being vaccinated against measles, mumps and rubella will only have to pay the patient's contribution. The remaining costs will be covered by the health insurance.

### What Can You Do if You Develop Measles Symptoms?

In the event of a suspected case of measles, consult your doctor. The infected person should not attend the educational establishment at this particular time. Moreover, call your doctor and warn him/her before going to their practice.

Should you have contracted measles, you must immediately inform the office designated by your educational establishment and listed on the intranet, so that they can transmit this information to the Office of the Cantonal Medical Officer, which, in turn, will initiate the necessary measures.

For further information, please see [www.bag.admin.ch/masern](http://www.bag.admin.ch/masern) and [www.stopmasern.ch](http://www.stopmasern.ch).

Yours sincerely,

OFFICE OF THE CANTONAL  
MEDICAL OFFICER



Dr. med. Jan von Overbeck  
Cantonal Medical Officer

<sup>1</sup> Anyone born in 1963 or earlier is considered immune.