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CURRENT MEASELS OUTBREAKS IN UKRAINE AND HOW TO PROTECT YOURSELF

According to the basic law of Ukraine, human life and health are the highest social values. At the same time, there are many adverse effects on the human: ecological, social, economic and political influences and refusal of vaccination. These factors negatively affect the health of Ukrainians, their living conditions and lives.

Thanks to the benefits of the measles vaccine, Ukrainians are able to protect children from the measles. However, in recent years some parents have refused or delayed vaccinating their children out of fear or misinformation about the safety of the measles vaccine. This means there are more unvaccinated children, adolescents, and adults in our communities.

Vaccination, which was conducted over 200 years, at various stages of its development was aimed at a significant reduction in the incidence of diseases that cause various pathogens. The vaccination strategy was in constant development. Prevention of infectious diseases and the ability to control the epidemic process by a specific method is to vaccinate.

The current reforms in Ukraine's health care system are aimed at providing Ukrainians with highly professional medical and emergency care, medical services that will positively affect the health of the population, increase and improve life.

In 2017-2018 Ukraine had an outbreak of measles - one of the most infectious diseases known in the world. According to the Public Health Center of the Ministry of Health of Ukraine, from the beginning of 2018, 36,455 people, 14,110 adults and 22,344 children suffered from measles.

Measles outbreaks are cyclical in nature and occur every 5-6 years.

Measles is a dangerous highly contagious viral disease that spreads rapidly. Out of 10 people contacted by an infected person, 9 of them will fall ill if they have not been vaccinated.

Despite the development of the medical sector, measles is still one of the main causes of child mortality in the world. According to the World Health Organization, every year in the world 30-40 million children suffer from measles, more than 800 thousand die from the infection itself and its complications. In 2018, nearly 54.5 thousand people (20 thousand adults and 34 thousand children) became ill with measles in Ukraine. Because of the complications died 16 people: 12 children and 4 adults. On January 1, 2019, a two-year-old child died from complications due to measles in Ukraine. It happened in Zhytomyr Regional Children's Hospital.

The measles virus spreads during coughing and sneezing, contacting infected person. The virus remains active and lives in the air or on infected surfaces for 2 hours. An infected person can transmit the virus four days before and four days after the rash appears over the body.

The first sign of measles is usually a significant increase in temperature (about 10-12 days after infection and lasts 4-7 days.) At this initial stage, you may experience

runny nose, coughing, sore eyes and small white spots on the inner part of the cheeks. Within a few days there appears a rash. It is usually on the face and upper part of the neck. After about three days, the rash spreads all over the body, including hands and feet. It keeps 5-6 days and then disappears. On average, the rash appears after 14 days (7 to 18 days) after exposure to the virus. During the first symptoms you should immediately contact a doctor because this disease can have serious consequences, especially among children under five. Among the complications of measles are inflammation of the middle ear, bronchitis, pneumonia, diarrhea, encephalitis. This disease can even lead to death.

There's no specific treatment for an established measles infection. However, some measures can be taken to protect vulnerable individuals who have been exposed to the virus.

You or your child may also take medications such as acetaminophen, ibuprofen or naproxen to help relieve the fever that accompanies measles. Don't give aspirin to children or teenagers who have measles symptoms. If a bacterial infection, such as pneumonia or an ear infection, develops while you or your child has measles, your doctor may prescribe an antibiotic. Children with low levels of vitamin A are more likely to have a more severe case of measles. Giving vitamin A may lessen the severity of the measles.

If a non-vaccinated person becomes infected and becomes ill with measles, it will, of course, form a natural immunity against this disease. However, measles has a severe course and often needs hospitalization. Patients with measles are contagious for a long time, they need to be isolated for a long time.

The measles vaccine is very effective in protecting against measles. However, no vaccine is 100% protective so very rarely, people who are vaccinated may develop measles. Some people may also be at risk for getting the measles if they only received 1 dose of the measles vaccine.

MMR vaccine, like any medication can have side effects, but the risk of complications from measles is much higher than the risk after vaccination.

The biggest number of infected patients was recorded in 2018:

- Lviv region (5.6 thousand people - 1,773 adults and 3,861 children);
- Zankarpathia region (2.9 thousand people - 551 adults and 2 405 children);
- Ivano-Frankivsk region (2.7 thousand people - 774 adults and 1 928 children);
- Odessa region (2.28 thousand people - 1,150 adults and 1,134 children);
- in Kyiv (1.98 thousand people - 1 230 adults and 756 children);
- in Ternopil region (1,500 people - 598 adults and 938 children).

Recent outbreaks are the result of parents who refuse to vaccinate their children for a variety of reasons. And vaccination is our duty to protect our children, families, society and all people living in our country. Together we will protect Ukraine from measles.

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