



Measles resurfaces in Iceland

The Chief Epidemiologist was informed last night of an adult in Northern Iceland diagnosed with measles. The individual noticed a rash on April 17th and sought medical attention on April 18th. Measles was suspected and later confirmed. The person is now isolating at home.

Measles is a highly contagious viral disease, spreading from the respiratory tract. Symptoms typically appear 1-3 weeks after infection, including fever, cold symptoms, red eyes, and a rash.

Risk of exposure

Measles is generally contagious four days before and four days after the rash onset (longer if symptoms such as fever persists). *Unvaccinated* individuals are at risk for infection, while those vaccinated twice or with prior measles infection are less likely to be infected, experiencing milder symptoms if they do.

There is a risk of infection for the unvaccinated:

- In Torshafn (Þórshöfn), especially among colleagues of the infected person, those will be informed by their employer.
- At a multicultural festival in Vopnafjörður on April 14th.
- Under certain circumstances in Akureyri, where those concerned have been contacted.

Infection Prevention

If you suspect measles, contact your healthcare provider by phone (1700) or at [Heilsuvera's online chat](#) before visiting. Please do not attend a clinic or health centre without first contacting them, except in an emergency.

Asymptomatic individuals potentially exposed should monitor symptoms for three weeks, especially if unvaccinated or without prior measles.

Avoid contact with vulnerable groups like pregnant women, young children, individuals in healthcare institutions, or nursing home residents. Healthcare workers in these settings require specific instructions.

More about measles [infection prevention](#).

Vaccination

Vaccination against measles is with two doses of the MMR vaccine (protection against measles, mumps, and rubella). Vaccination in Iceland is performed at 18 months and at 12 years of age. Where infections have occurred, accelerated vaccination may occur as appropriate, but two doses after 12 months are considered lifelong protection, although a customary second dose is given at 12-years.

To inquire about vaccination, contact your healthcare provider via phone or Heilsuvera, the online chat service.

Further details about measles can be found on the [website of the Directorate of Health](#).

The Chief Epidemiologist