S’poreans need not worry about measles outbreak here

Many immune after vaccination or contracting disease naturally

Kindly You

Measles outbreaks in Japan and Taiwan have left many people here concerned about the rapid spread of the disease, but experts say an outbreak is unlikely to occur here because of Singapore’s immunization programme.

Singaporean Dr Leong Hoe Nam, an infectious diseases physician at Mount Elizabeth Novena Hospital, said few Singaporeans who had not received the measles, mumps and rubella (MMR) vaccine would have become susceptible to the disease.

Dr Leong, who practise to prevent contracting gastric flu.

Measles is highly infectious disease caused by virus in the paramyxovirus family. Symptoms include high fever, rashes or red and watery eyes and a rash. The infection, passed by direct contact or through the air, can lead to blindness, ear infection, severe diarrhoea and even death.

Influenza

Influenza, often known as the flu, is an infectious caused by influenza viruses. Influenza is spread from person to person through respiratory droplets generated by coughing or sneezing. It can also be passed on by coming into contact with contaminated surfaces.

Influenza viruses are divided into A, B and C types. A and B types are the cause of human influenza and are the type found in Singapore.

Influenza viruses have an envelope, which contains lipids and proteins. The virus has eight segments of RNA, which uses the host cell to produce new copies of RNA. New copies move out to infect other cells to infect or are ejected in a burst from the infected cell.

The virus shell opens within the cytoplasm of the host cell, facilitating its entry.

Ribonucleic acid (RNA)

This substance helps against measles.

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Antiviral medications are available for the treatment of influenza. To be effective, the viral inhibitors like Tamiflu prevent the virus from happening.

The flu virus

Lipid bilayer

The virus shell opens within the cytoplasm of the host cell, facilitating its entry.

Neuraminidase

This protein is believed to facilitate the virus’s exit from infected cells. It can also dislodge sialic acid, which is a sugar molecule found on the surface of other cells.

A Type A influenza virus contains eight strands of RNA, which uses the host cell’s replication machinery to produce new copies of RNA. New copies move out to infect other cells or are ejected in a burst from the infected cell.

Haemagglutinin

This substance helps prevent infection, ear infection, severe diarrhoea and even death.

Norovirus gastroenteritis (gastric flu)

Gastric flu is the inflammation of the stomach and intestines caused by the virus norovirus. Symptoms include nausea, vomiting, diarrhoea and abdominal cramps.

Gastric flu can spread by person eating or drinking foods that are contaminated coming into contact with contaminated surfaces and then touching their mouths, and having direct contact with an infected person.

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