

Information for People with Measles

Please read this information carefully and take the suggested actions

You have been diagnosed with having English measles. Measles is a very infectious disease. It is important that you follow the advice from your doctor and remain isolated at home until you are no longer infectious.

Your doctor will have spoken with you and given you the dates for when you are infectious and can spread measles to other people. During these **10 days** the measles virus is able to spread from you to other people very easily so you need to **stay at home in isolation**. Isolation means staying at home and away from daycare/school/work, group and social activities, sports and recreation events and public places like cinemas and shopping malls.

If you become increasingly unwell with measles and need to re-visit a doctor, please phone the medical centre or hospital before you go so they can isolate you to prevent the spread of measles in their clinic.

Protecting others from measles:

You only need to be in a room for a few minutes to spread the measles virus through breathing. Please think about who you have come into contact with in the days when you have been infectious. Have you been to work/school/early childhood centre? Who have you visited? Who has been to your home? What places have you been to in your community? Have you travelled by train/airplane?

If you have had contact with anyone that is pregnant, has a weak immune system (from a medical condition or medication) or is younger than 15 months of age, it is important that these people talk with their GP.

Please make a list of the people you have been in contact with and let them know you have English measles. Some of these people may need to stay home if they are at risk of getting measles because they are not immune. This can be for 2 weeks. They should talk to their family doctor about their measles risk and can get more advice from our website by clicking [here](#).

The only thing that can stop you or your child catching measles is getting immunised. If you suspect you or your child is sick with measles phone your GP or Healthline on

Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata

Fact Sheet

Visit www.arphs.govt.nz
Call 09 623 4600 for more information

0800 611 116. For more information on immunisation, please call the Immunisation Advisory Centre free on 0800 IMMUNE (0800 466 863) or visit their website

<http://www.immune.org.nz>