

# Fact sheet: Immunisation

## What is measles immunisation?

- People obtain immunity by catching measles, or by being immunised with the Measles Mumps Rubella (MMR) vaccine.
- You are considered immune to measles if:
  - You were born before 1969 OR
  - You have been diagnosed by a GP as having had measles and recovered OR
  - You have received the recommended doses of the MMR vaccine.

## What are the recommendations for immunisation during this outbreak of measles?

- All children from age 12 months to 12 years who have not had one dose of MMR should receive this as soon as possible.
- All 4 year olds should receive their second dose as per The National Immunisation Schedule.
- All adults under 40 years of age (those born after 1969) who are not recorded as immunised and have not had measles should receive one dose.
- Immunisation is free.

## How does immunisation prevent an outbreak of measles?

- Measles is a highly infectious disease that is easily passed from one person to another through coughing and sneezing.
- How fast measles spreads in the community is directly related to the number of people who have not been immunised.
- The fewer people who are immunised, the faster and wider measles will spread. If enough people are immunised then measles will not spread.
- The percentage of 18 month old children who have received their first measles immunisation is low at 72% in the greater Auckland region.
- Low rates of immunisation mean that we are now seeing a rise in the number of people, not just young children, becoming ill with measles.
- Being immunised is the only protection against measles. There is no treatment for measles.

## What will getting immunised mean for me or my child?

- Over 90% of people are protected with one dose of the vaccine. This increases to 95% if people have two doses.
- By getting immunised you are not only protecting yourself or your child – you'll also be stopping this disease from spreading in the community.

## How do I check my / my child's immunisation record?

- Check your child's Tamariki Ora Health Book
- Check your own records or call your GP.

**Immunisation is the only protection from this potentially fatal disease. Call your GP to check that you are immunised. If you care for other people or young children as part of your work, it's important that you are fully immunised.**

**Auckland Regional Public Health Service**

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Working with the people of Auckland, Counties Manukau and Waitemata