

Fact sheet: What to do if you think you have been exposed to measles, or might have measles.

- Measles is a serious and highly infectious viral disease that can make people very sick and can lead to hospitalisation or in rare cases death. The only way to prevent getting measles is to get immunised.
- Immunisation rates are low in the greater Auckland region with only 72% of all 18 month olds having received their first measles immunisation.
- Low immunisation rates means that we are now seeing a rise in the number of people, not just children, becoming ill with measles.
- If you think you or anyone in your family might have measles, call your GP or Healthline on 0800 611 116 for advice.

If you have come into contact with someone who has measles ...

- If you are immunised - you do not need to be isolated and should carry on with your normal activities.
- If you or your child are not immunised - get immunised as soon as possible.
 - You or your child may be advised to stay away from work, school and public places for 14 days to ensure you / your child do not pass measles to other people.
 - Call your GP or Healthline on 0800 611 116 as soon as possible.
- If you are not sure of your or your child's immunisation records:
 - Check your child's Tamariki Ora Health Book
 - Check your own records or call your GP.

What happens if I have had measles in the past or have been immunised?

- You are considered immune to measles if:
 - You were born before 1969 OR
 - You have been diagnosed with measles in the past and have recovered OR
 - You have received at least one, but preferably two doses, of the MMR vaccine.
- If you are immune it means that even if you have been in contact with someone who has the measles you can carry on with your normal activities. You do not need to be isolated or stay home for 14 days from having contact with someone with measles.

How will you know if you or your child has measles?

- The initial symptoms include fever, cough, runny nose, sore red eyes and white spots inside the mouth. After 3 to 5 days a rash appears on the head and then moves down the body.
- Even if you/your child have been immunised there is still a small chance of getting measles.
- Call your GP as soon as possible so that the diagnosis can be confirmed.
- Measles is highly infectious so please phone your GP first before going to the surgery.

If you or a family member has measles talk to your GP about immunisation for the rest of the family.

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 0800 611 116.

Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata