

# THINK MEASLES

There are cases in our community

## First symptoms

- a persistent high fever
- a cough
- a runny nose
- sore and watery 'pink' eyes
- sometimes small white spots on the back inner cheek of your mouth.



## Day 3–7 of illness

A blotchy rash which tends to start on your face, behind the ears, before moving over your head and down your body. The rash lasts for up to a week.

## Measles is a serious and very infectious disease

Measles is very infectious and can be serious enough to need hospital treatment.

Measles can lead to other complications, including ear infections, diarrhoea, pneumonia, seizures, encephalitis (swelling of the brain) and sometimes death.

Measles in unimmunised pregnant women increases the risk of miscarriage, early labour, low birth-weight babies or stillbirth.

## Get immunised

The best protection against measles is the Measles Mumps and Rubella (MMR) vaccine. You need two doses of MMR to be fully immunised. If you were born after 1968, or unsure if you are immune, contact your doctor's practice and discuss with your doctor or nurse.

MMR vaccines are free for all children, and any adults who have not previously received two doses of MMR.

## Prevent the spread of measles

### If you think you may have measles

- Stay away from places with other people\* so you do not infect others.
- Phone your doctor's practice before visiting – they will tell you what you need to do.

\* For example, schools, early childhood centres and other educational institutes, work, community gatherings and public places.

### If you have measles

- You will be infectious from five days before and until five days after the rash appears.
- Stay away from places with other people\* so you do not infect others.

### If you have been exposed to someone who has measles and you are not immune or vaccinated

- You need to stay away from places with other people\* for 14 days after you were last exposed to a case so you do not infect others.
- Contact your doctor's practice and arrange to have the Measles Mumps and Rubella (MMR) vaccine.

## Advice

Get free health advice from a registered nurse, 24 hours a day from Healthline on 0800 611 116.

[health.govt.nz/measles](https://health.govt.nz/measles)