

# A quick guide to measles

## What is measles?

Measles is a virus that can make adults and children very sick. It is highly infectious and can spread quickly and easily through breathing, sneezing and coughing. If you are not immune to measles, you can catch the disease just by being in the same room as someone who has it.

## How serious is measles?

Measles can lead to hospitalisation, serious complications (such as pneumonia and swelling of the brain) or, in rare cases, death. It is especially serious for pregnant women who are not immune, babies and people with weakened immune systems.

## What are the symptoms of measles?

Measles symptoms include a high fever, runny nose, cough and sore red eyes. A few days later a rash starts on the face and neck, and then spreads to the rest of the body. You can have measles and spread it to others before you feel sick or show any symptoms.

## What should I do if I think I or a family member has measles?

If you think you have measles, stay home and call your doctor or Healthline on 0800 611 116. Healthline operates 24/7 and has a translator service available. If you are going to visit a medical centre or after hours clinic, please phone before you go. When you arrive, you must be isolated and not sit in the waiting room. This is to prevent spreading the disease to others.

## How can I protect myself and my family against measles?

The best protection against measles is to be vaccinated with two doses of the measles, mumps, rubella (MMR) vaccine. One dose of MMR will protect around 95% of people, while two doses protect around 99% of people. In New Zealand, the MMR vaccine is routinely given to children at 15 months and four years old, but this timing can change during an outbreak. In the current Auckland outbreak, the vaccine is available to children from 12 months old. It can take two weeks for a person to be fully immune after being vaccinated.

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## More information:

- Auckland Regional Public Health Service: [www.arphs.health.nz](http://www.arphs.health.nz)
- Ministry of Health: [www.health.govt.nz](http://www.health.govt.nz)
- Immunisation Advisory Centre: [www.immune.org.nz](http://www.immune.org.nz) (0800 466 863)
- Healthline: **0800 611116**



# Fact sheet 1

## Information for People with Suspected Measles

### You may have measles

Your doctor suspects you, or your child, has measles.

Please follow your doctor's advice and stay isolated at home until:

- You/your child are no longer infectious (see below) OR
- Test results show you/your child don't have measles.

### Stay away from others so you don't spread the illness

1. **Stay at home until four days after the rash appears. This means you should stay at home until the end of this day.**

\_\_\_\_\_ (date)  
*Doctor to complete the end of the infectious period*

If you need to see a doctor again, phone first so you don't infect waiting rooms.

2. **If your doctor confirms you have measles:**

The infectious period is 10 days; from 5 days before the rash appears until 5 days after. Your infectious period is:

From \_\_\_\_\_ to \_\_\_\_\_  
*Doctor to complete the whole infectious period*

- People may have caught measles from you at any time in this period. Please tell family and visitors (see over the page for what to do).
- Make a list of other people who were close by you during this period – at work, social events or in sports teams – as there may be others you need to tell if measles is confirmed.
- Auckland Regional Public Health Service will phone you if measles is confirmed. We will help you tell schools and early learning services that you or your child attends.

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### More information:

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## Fact sheet 1 Information for People with Suspected Measles (cont'd)

### Why do I have to stay at home in isolation?

If you are developing measles, staying home in isolation stops it spreading to others.

### What does isolation mean?

It means staying home away from others. Do not go to work, school, preschool, group or social activities, sports, or public places like movie theatres, shopping malls, supermarkets, other food markets and cafes. Do not use public transport or visit friends or family. Avoid being in the same room as people who are not immune to measles.

### What if I feel worse and need to go to a doctor again?

If you need to see a doctor, please phone the medical centre or after-hours clinic before you go and tell them you may have measles. When you arrive, you must be isolated and not sit in the waiting room.

### What do I do if tests confirm I have measles?

If you/your child do have measles, you will have been infectious from five days before until five days after your rash appears (ten days in total).

## 1. Make a list of people who might have caught measles from you

**You will need to tell others who may have caught the disease from you or your child.**

List the people who you/your child have had contact with over those ten days:

- Family members at home, any visitors or people visited
- People at your workplace, school, university or tech, early learning service or preschool
- Any groups of people you have seen – at parties or social events, in sports teams or cultural groups

**Only those who were in the same room or space as you during these ten days are considered at risk of catching measles from you.**

## 2. Please tell these people and give them *Fact sheet 2 Information for Close Contacts Exposed to Measles*

Make sure that the people above know that you have measles. Give them copies of the information on the following four pages. Fact sheets and more information are on the Auckland Regional Public Health Service website [www.arphs.health.nz](http://www.arphs.health.nz)

Non immune pregnant women, children younger than 12-15 months and those with weakened immune systems are at greater risk of measles. They or their caregiver may want to ask their doctor for advice.

### More information:

- Auckland Regional Public Health Service: [www.arphs.health.nz](http://www.arphs.health.nz)
- Ministry of Health: [www.health.govt.nz](http://www.health.govt.nz)
- Immunisation Advisory Centre: [www.immune.org.nz](http://www.immune.org.nz) (0800 466 863)
- Healthline: 0800 611116



# Fact sheet 2-

## Information for Close Contacts Exposed to Measles

### You have been in contact with someone who has measles

You have been given this information as you've been near someone with measles. This means if you are not immune (protected against measles), you may get it too.

#### 1. You are likely to be IMMUNE and safe from measles if:

- You have received at least one dose of the measles, mumps, and rubella (MMR) vaccine. This will be recorded in your Well Child/Tamariki Ora or Plunket book, or with your GP.
- You were born before 1 January 1969. Before 1969, almost everyone caught the disease as a child.
- You have previously been diagnosed with measles. Once you have recovered from measles, your body is protected from future illness.

#### If you are immune - no action is needed

If you are likely to be immune, simply carry on life as normal.

#### 2. You are NOT IMMUNE and are at risk of getting measles if:

- You were born after 1 January 1969 and haven't had at least one dose of MMR vaccine after your first birthday, or haven't had measles
- You are 'immunocompromised' (a medical condition or medication has weakened your immune system).

#### If you are not immune – you need to take action

- You need to **stay at home in quarantine** (see information overleaf).
- **Watch for measles symptoms.** These include fever, cough, runny nose and sore red eyes, followed by a rash that starts on the face and neck before moving down the body.
- **Phone before visiting a doctor** or call Healthline on 0800 611 116.

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### More information:

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## Fact sheet 2 Information for Close Contacts Exposed to Measles (cont'd)

### What is quarantine?

Quarantine means staying home, away from others who are not immune until you know you are not getting sick with measles. It takes 7-14 days for a person who has become infected with measles to start having symptoms.

### Why do I need to stay in quarantine?

Staying in quarantine is important because if you are getting sick with measles, you can spread it to others even before you feel sick or show symptoms.

Measles is highly infectious and can spread quickly and easily to others. It can make people very sick and lead to hospitalisation and serious complications. It is especially dangerous for non-immune pregnant women, babies and people with weakened immune systems.

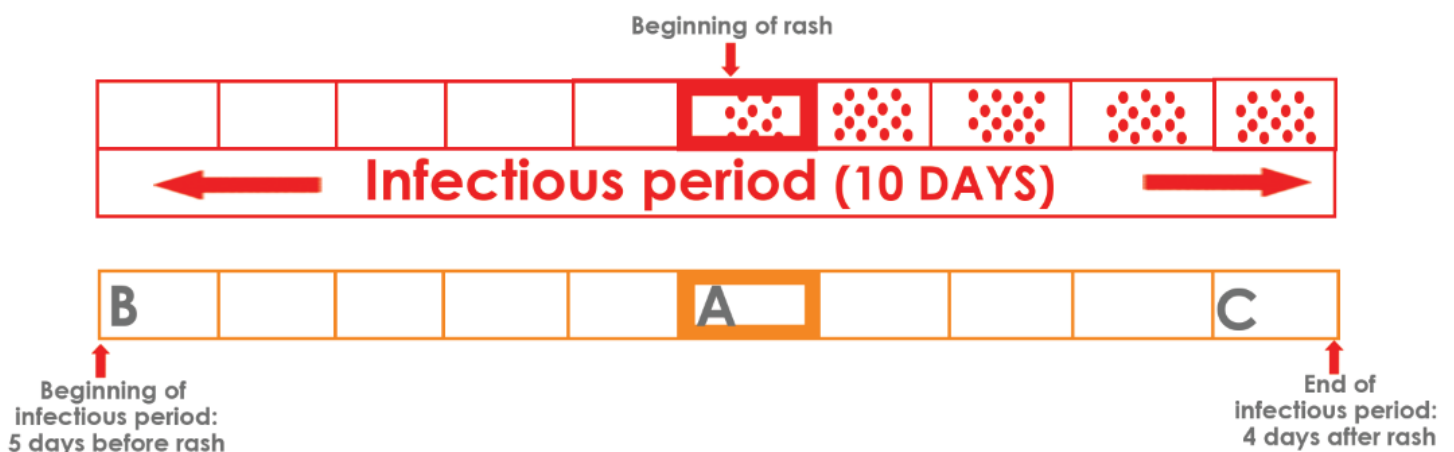
Being in quarantine means you should not use public transport, or visit neighbours, family and friends (and they should not visit you if they are not immune). Do not go to:

- Work, preschool, school, university, college and technical institutes
- Church or other places of worship
- Social or sports activities (including gyms, shopping malls and movies)
- Supermarkets and food venues, such as restaurants, cafes, takeaways and food markets.

### How long do I stay in quarantine?

Please fill out the measles quarantine form below:

- In Box A, write down the date the rash appeared on the person with measles (ask them the date)
- Count back 5 days before the rash date, and write this date into Box B.
- Count forward 4 days after the rash date, and write this date into Box C.
- The person could spread measles between dates B and date C. This is their infectious period.



If you saw the person with measles during their infectious period, tick the dates that you saw them.

- If you are not immune to measles, you should stay at home in quarantine.
  - Your quarantine time starts 7 days after the first time you saw the person with measles.
  - Your quarantine time finishes at the end the 14<sup>th</sup> day after the last time you saw the person with measles.
- An online quarantine calculator is available at [www.arphs.health.nz/measles-q-calculator](http://www.arphs.health.nz/measles-q-calculator).

## English

Worried about measles?

Stay at home and call your doctor or Healthline (0800 611 116) for advice. Healthline has interpreters – when your call is answered, say you'd like an interpreter and the language you'd like to speak in.

## Māori

Kei te āwangawanga koe ki te mītera?

Noho ki te kāinga me te waea atu ki tō tākuta ki Healthline

(0800 611 116) rānei mō ngā tohutohu. He kaiwhakamāori ā-waha ā Healthline – hei te wā ka whakautua tō waeatanga atu, kōrerotia tō pīrangī ki tētahi kaiwhakamāori ā-waha me te reo e pīrangī ana koe ki te kōrero.

## Samoan

Popolega i le misela?

Nofo i le fale ma vili lau foma'i po'o le Healthline (0800 611 116) mo se fautuaga. E i ai fa'amatala'upu a le Healthline – Afai e tali mai i lau vili atu, ona fa'ailoa lea i ai e te mana'omia se fa'amatala'upu ma ta'u iai le gagana e te mana'o e te fia talanoa ai.

## Tongan

Hoha'a fekau'aki moe mahaki misele?

Kapau koia. Nofo ma'u 'i 'api pea ke fetu'utaki ki ho'o toketā pe koe Healthline (0800 611 116) ke 'oatu ha fale'i. 'Oku 'i ai 'a e kau fakatonulea 'i he Healthline – talaange ki he tokotaha tali telefoni 'oku ke fiema'u tokotaha fakatonulea faka-Tonga keke lea ki ai.

## Cook Island Māori

Te manatā'ia āinei te maki mīsara?

E no'o ki te kāinga ma te kāpiki atu koe i tō'ou taote, mē kore ra te Healthline (0800 611 116) nō te akamārama tauturu. E aronga uri reo tō te Healthline – mē pa'u ia mai tā'au kāpiki'anga, e akakite koe ē, ka anoano koe i tēta'i tangata uri reo, ē pērā katoa, i tā'au reo ka anoano koe i te tuatua atu anga.

## Niuean

Tupetupe ha ko e gagao misele?

Nofo he kaina ti hea e telefoni ke he ekekafo haau poke Healthline (0800 611 116) ke kumi lagomatai. Fai tagata fakaliliu e Healthline – ti talaage he magaaho ka tali ai e telefoni haau, ka manako tagata fakaliliu a koe mo e vagahau motu ne manako a koe ke fakaaoga.

## Chinese

### 担心有麻疹?

请留在家中并且打电话给您的医生或者健康热线 (0800 611 116) 获取建议。健康热线有口译员-当您的电话被接听的时候, 说出您希望用一名口译员和希望说自己的语言

## Korean

### 홍역에 대해 걱정 되십니까?

외출을 삼가 하시고 담당의사나 헬스라인(Healthline 0800 611 116)으로 전화하여 조언을 받으십시오. - 헬스라인에서는 통역 서비스를 제공해 드립니다. - 전화하실 때 한국어 통역을 요청하시고 서비스를 받으시기 바랍니다.

## Hindi

### खसरे की चिंता है?

घर पर रहें और सलाह के लिए अपने डॉक्टर या हेल्थलाइन (0800 611 116) को कॉल करें। हेल्थलाइन में दुभाषिए उपलब्ध हैं - जब आपकी कॉल का उत्तर दिया जाता है, तो कहें कि आपको एक दुभाषिया की आवश्यकता है और आप कीस भाषा में बात कर सकते हैं।

## More information:

- Auckland Regional Public Health Service: [www.arphs.health.nz](http://www.arphs.health.nz)
- Ministry of Health: [www.health.govt.nz](http://www.health.govt.nz)
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