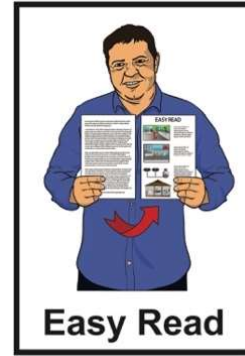
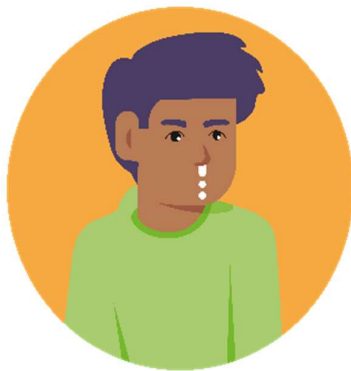


**Te Whatu Ora**  
Health New Zealand

**Te Aka Whai Ora**  
Māori Health Authority



## Information about measles



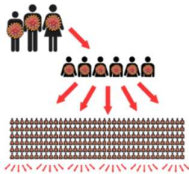
**Published: May 2023**

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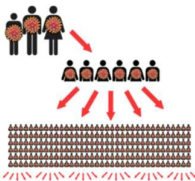
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# About measles



This booklet tells you the things you need to know about **measles**.

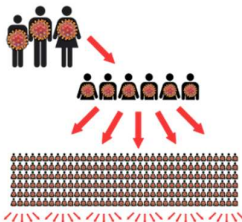


**Measles** is an illness that can make you very sick.



Measles can affect:

- adults
- children.



Measles can spread easily between people who are not **immune** to measles.



Being **immune** to measles means that you:

- have had measles before
- or
- have had the **Measles Mumps Rubella vaccine**.



If you are immune you are less likely to get measles.

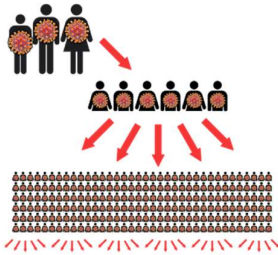


The **Measles Mumps Rubella vaccine** is an injection that can protect you from getting measles.

It is sometimes called the MMR vaccine.

You need to get it 2 times.

# How measles spreads



Measles spreads easily between people who are not immune to / protected against measles.

Measles is spread by:

- breathing
- sneezing
- coughing.



You can catch measles by going into a room if someone with measles has been in the room 1 hour before.

# What happens to your body when you get measles



People with measles may have:

- a fever which means you would feel very hot



- a cough
- a runny nose



- eyes that are:
  - sore
  - watery
  - pink.



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

From day 3 to day 7 of having measles people may start to get a **rash**.



A **rash** is when parts of your skin become:

- swollen
- red
- itchy.



A measles rash usually:

- starts on your face
- then spreads to the rest of your body.

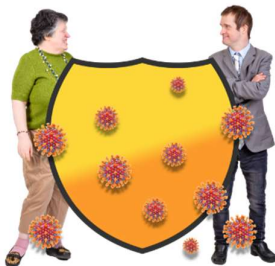
# Keeping yourself safe from measles



Being **vaccinated** is a good way to stay safe from measles.

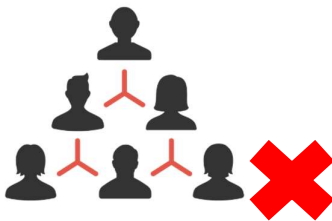


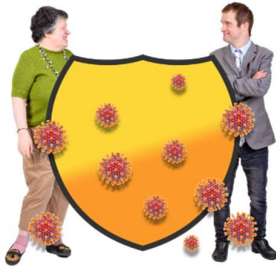
Being **vaccinated** means you get an injection in your arm.



If you are vaccinated you are less likely to:

- get measles
- spread measles
- need to stay home if you are in contact with someone with measles.





Getting vaccinated to protect yourself from measles:

- is easy
- does not cost money.



The MMR vaccine is free for anyone in New Zealand born after 1 January 1969.



If you do not know if you had 2 MMR vaccine doses then it is best to get another injection.



It is still safe if you get too many doses of the MMR vaccine by mistake.

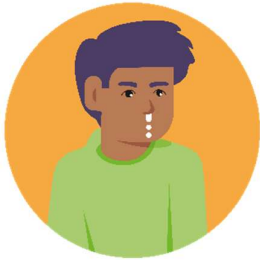


To get your vaccines ask your doctor.

# What to do if you think you have measles



If you have measles **symptoms** you need to get medical advice right away.



Measles **symptoms** are:

- fever / feeling very hot
- cough
- runny nose
- sore eyes
- rash.



If you think you have measles you should call before you go to see a doctor.



If it is an emergency you should call 111 right away.



If it is not an emergency you can call:



- your usual doctor
- Healthline: 0800 611 116
- the Disability Helpline:
  - call 0800 11 12 13
  - text 8988.



You can use the NZ Relay service to call:

[www.nzrelay.co.nz](http://www.nzrelay.co.nz)



The Disability Helpline is run by Whakarongorau Aotearoa / New Zealand Telehealth Services.



A person who knows about disability will answer your call from 8am to 8pm.



After 8pm, calls are answered by a trained member of the Healthline team.

# Check if you are protected against measles



You are considered immune to measles if you:

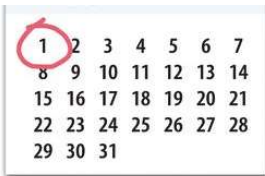
- were born before 1 January 1969
- have had measles before
- have had two MMR vaccinations with the last dose more than 1 month ago.
- have had a blood test showing you are immune.





Babies less than 15 months old are said to be immune if:

- they have had 1 MMR dose after they were 1 year old
- the MMR dose was given at least 1 month ago.



If you are immune you will **not** have to stay home in **quarantine** if you come into contact with someone who has measles.



**Quarantine** means you have to stay at home away from other people.



Quarantine usually lasts 14 days.



## My vaccination record

This is a record of your COVID-19 vaccination information held in the National COVID Immunisation Register as at 19 SEP 2022

### MEDICAL IN-CONFIDENCE

GIVEN NAME/S	SURNAME	DATE OF BIRTH	NIH NUMBER
<b>DOSE</b>	<b>VACCINE NAME</b>	<b>MANUFACTURER</b>	<b>DATE / PLACE* ADMINISTERED</b>
<b>DOSE 1</b> Vaccination	Pfizer BioNTech COVID-19	Pfizer BioNTech	25 AUG 2021 New Zealand
<b>DOSE 2</b> Vaccination	Pfizer BioNTech COVID-19	Pfizer BioNTech	07 SEP 2021 New Zealand
<b>DOSE 3</b> Vaccination - Booster	Pfizer BioNTech COVID-19	Pfizer BioNTech	26 JUN 2022 New Zealand

\*Location as recorded. \*\*Age - Age Restricted

This document details the COVID-19 vaccinations included in your official health record.



To check if you and your whānau are immune:

- look in your Wellchild Tamiriki Ora / Plunket book
- contact your doctor.

## How measles symptoms are different to COVID-19

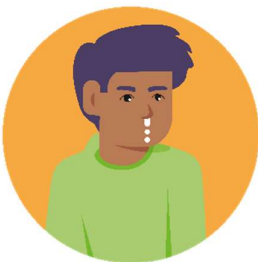


COVID-19 is an illness that can make you very sick.

Some symptoms of COVID-19 are the same as the symptoms of measles like:



- fever / feeling very hot



- cough
- runny nose.



If you have symptoms like this you should:

- take a test for COVID-19
- stay at home even if the test says you do not have COVID-19.



You should ask for medical advice if:

- your symptoms:
  - get worse
  - do not go away after 2 days



- a second test also says you do not have COVID-19



- you get measles symptoms like:

- a blotchy rash
- sore watery pink eyes.

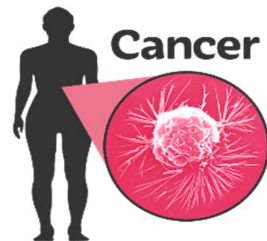


## People at risk of serious illness



There are some people who can get very sick if they catch measles like:

- people who have a long term illness
- people who have a serious illness that affects their immune system
- children under 5 years old who have not had 1 dose of the MMR vaccine
- babies younger than 1 year who are too young to get the MMR vaccine
- people who are pregnant.





It is very important for people / whānau who could get very sick to get vaccinated if they can.



Some people cannot get vaccinated like:

- people who are pregnant
- babies younger than 1 year who are too young to get the MMR vaccine.



If there are a lot of cases of measles then babies under 1 might be able to get vaccinated.



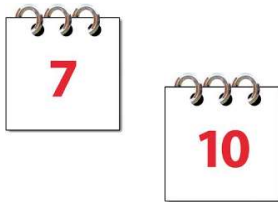
The best way to protect your whānau who cannot get vaccinated is to make sure that everyone else has the vaccine.

# What to do if you catch measles



If a test shows you have measles you need to:

- stay home
- isolate / stay away from other people.



It takes around 7 to 10 days to get better from when you get symptoms.



You can leave your home 4 days after you develop a rash if you have had a final check with a health professional.



Most people can isolate safely at home.



Around 1 in 10 people with measles need to go to hospital because of their symptoms.



If you need to isolate a health professional will be in touch regularly.



They will ask you if there is anyone else at risk of catching measles from you.



If there is someone at risk of catching measles in your home you can ask the health professional what to do.

## If you are a contact of someone with measles



You need to quarantine if:

- you are not immune
- and
- you have been in contact with someone with measles.



A health professional will:

- explain what you need to do
- check on you regularly.





If you have had one dose of MMR vaccine you:

- do not have to quarantine
- should stay away from:
  - early learning services for 14 days
  - healthcare facilities / hospitals for 14 days
  - other places as advised by your health service.



You can go to healthcare facilities if you need:

- to get vaccinated
- urgent medical attention.





If you need to go to a healthcare facility you must:

- wear a mask
- call first to say you have been near someone with measles.



## Isolation / quarantine support



When the health professional calls you to talk about your quarantine you can let them know if you need support with:

- money
- other things.



WORK AND INCOME  
TE HIRANGA TANGATA

You can also contact the Ministry of Social Development / MSD to ask if you can get financial support.



The number to call is:

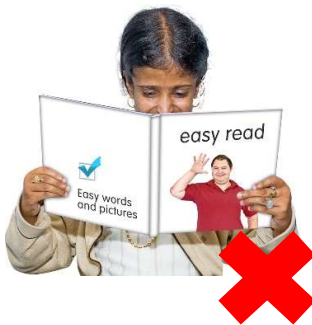
**0800 559 009**

## Where to get more information



You can find out more about measles on our website.

[www.health.govt.nz/measles](http://www.health.govt.nz/measles)



Some information on our website is not in Easy Read.



This information has been written by Te Whatu Ora Health New Zealand.



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.



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