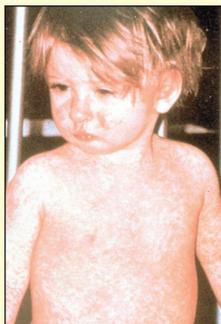


THINK MEASLES

There are outbreaks in places like the Philippines, Australia, Europe, UK, Africa, Asia, India and North America and there are cases in New Zealand

First symptoms

- a 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 serious

Measles is highly infectious and can be life threatening: about 1 in 10 people with measles will need hospital treatment.

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

Measles during pregnancy increases the risk of miscarriage, early labour and low birth-weight babies.

Prevent the spread of measles

Measles is very infectious. People with measles are infectious 5 days before and until 5 days after the rash appears. If you have measles:

- you will be asked to stay away from people who may not be immune to measles for 14 days.
- phone ahead before you visit your doctor.

If you have been exposed to measles and are not immune you will also be asked to stay away from others who are not immune for 14 days.

You can get free health advice from a registered nurse 24 hours a day from Healthline on 0800 611 116.

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 1 January 1969 check your vaccination status, as you may not be fully immunised. If you are not sure, talk to your doctor.

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

Vaccination is particularly important if you are planning to travel anywhere overseas – to protect yourself and to help prevent outbreaks in New Zealand.

More information is available at
www.health.govt.nz/measles