



Kia ora whānau,

There has been a confirmed case of Measles in New Zealand. Measles is a highly infectious virus and has no treatment. It starts like a cold with runny nose, fever and cough, and then a blotchy red rash appears after a few days, from the head to the rest of the body.

It can be very serious, especially for babies under the age of one year and people who are immunocompromised (for example on cancer treatment).

Do I or my child need vaccination?

Anyone born after 1969 who has not had measles, or not had TWO doses of measles-containing vaccine, should have an MMR vaccine. If you are not sure, having an MMR vaccination now is safe and will provide immunity in about 90% of people within two weeks. However pregnant women, people who are immunocompromised and infants under 6 months cannot have the vaccine.

Does it cost me anything?

No, the vaccination is **FREE**.

WHERE CAN I GET MMR VACCINE?

You can get vaccinated at your GP or talk to your school's public health nurse.

How good is the vaccine?

The Measles Mumps Rubella Vaccine (known as MMR) is a very effective vaccine. It has been given to millions of children around the world. After the first vaccination of MMR over 90 out of 100 children are protected against measles. After the second vaccination, 99 out of 100 are protected. One vaccination is good, two are better.

The rubella and mumps parts of the vaccine give protection to about 95 out of 100 children after the first vaccination.

Is the MMR vaccine safe?

MMR has been used in millions of doses around the world. The MMR vaccine has a long record of safety. Serious adverse reactions from MMR are rare. All reputable scientific studies have found no relationship between MMR vaccine and autism.

What are the side effects of MMR?

MMR Vaccination	Measles
<p>The following side effects are expected if <u>1000 children</u> are vaccinated:</p> <ul style="list-style-type: none">• ~150 with sore arm• ~50 with mild-moderate symptoms similar to measles (fever, mild rash)• ~10 with mild symptoms of mumps or rubella <p>More rare side effects are febrile convulsions (1 in 2,500), thrombocytopaenia (1 in 30,000), meningitis (1 in 100,000) and encephalitis (1 in 1,000,000).</p> <p>Most of these side effects do not usually occur with the second injection of MMR.</p>	<p>Almost <u>all</u> children with measles will suffer 1-2 weeks of high fever, hacking cough, red eyes and rash. However over 99% will recover with no permanent health effects.</p> <p>The following complications are expected if <u>1000 children</u> catch measles:</p> <ul style="list-style-type: none">• 80 with ear infection• 60 with diarrhoea• 50 with pneumonia• 20 admitted to hospital• 1 with encephalitis• 1 death

Who should not receive MMR?

- Pregnant women or women planning to get pregnant within the next 4 weeks
- People who have received a blood transfusion or immunoglobulin within the last year, with immunosuppression or with HIV
- Within a month of certain vaccinations such as BCG or chickenpox
- People with a previous severe allergy to neomycin or the MMR vaccination
- Care should be taken with anyone who has severe live-threatening allergies to anything else.

If you want to know more please contact your public health nurse or family doctor.

Kate Townsend

Public Health Nurse

School Based and Community Clinical Services

Mid North Te Tai Tokerau