

Worried about measles?

You may have heard there are measles outbreaks around the world at the moment, including here in New Zealand. Measles can be dangerous for children and adults.

Please get your children vaccinated at 15 months and 4 years old to prevent measles. It's free at the doctor.

If you or your child has not had a measles vaccine, please see your doctor.

The symptoms of measles are a fever, runny nose, cough, red eyes, then a rash. You can spread measles to others from five days before, until five days after, the rash appears.

Been close to someone with measles? Or showing symptoms? **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.

担心有麻疹？

您可能有听说过目前在世界范围内爆发了麻疹，包括新西兰。麻疹对于儿童和成年人来说可能是危险的。

在你的孩子**15个月和4岁**的时候，请带他们去打疫苗，这样可以预防麻疹。在医生那里是免费的。

如果您或您的孩子还没打过麻疹疫苗，请见您的医生。

麻疹的症状包括发烧，流鼻涕，咳嗽，眼睛红，然后起红疹。**5天前**您就可能把麻疹传给他人，**5天**之后，红疹会开始出现。

曾经和有麻疹的患者接触过？或者有症状出现？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。