

## Information for people with possible measles

- Stay at home until: \_\_\_\_\_ (day) \_\_\_\_\_ (month) *Dr to complete*
- Make a list of places you have been between the following dates:  
 \_\_\_\_\_ and \_\_\_\_\_ *Dr to complete*
- Auckland Regional Public Health Service will contact you if you are confirmed as having measles
- Call ahead if you need to see a doctor again.

Please read this information carefully and take the suggested actions.

Your doctor suspects you have measles. Measles is a very infectious and potentially serious disease. It is important to follow your doctor's advice and **stay isolated at home** until either you can no longer spread it to other people or your test results show you don't have measles. Your doctor will also have let Auckland Regional Public Health Service know.

### How long do I have to stay in isolation at home?

Your doctor will have told you how long you will be infectious for (see above) and how long you **must stay at home in isolation**. This is until five days **after** your skin rash starts.

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

Being in isolation stops measles spreading to other people. It means staying at home and away from childcare, school or work, group and social activities, sports and recreation events and public places like movie theatres, shopping malls, supermarkets, other food markets and cafes. You should also not use public transport or visit friends or family.

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

If you become increasingly unwell and need to see a doctor, please phone the medical centre or hospital 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.

## IF YOU ARE CONFIRMED AS HAVING MEASLES

You only need to be in a room for a few minutes to spread the measles virus to others through breathing. You will have been infectious from **five days before until five days after your rash appears**.

**Please take the following actions:**

- Make a list of the people who you have had contact with – this will be over a period of **ten days, from five days before your rash appeared until five days after:**
  - Have you been to work/school/ university/an early learning service?
  - Who have you visited? Who has visited you?
  - What places have you been to in the community (e.g. sports fixtures, the supermarket)?
  - Have you travelled by public transport – bus, train, plane?
- Make sure that your family, friends, work, school and other social or sporting groups know that you have measles. Direct them to the [People exposed to measles: Information for close contacts](#) factsheet on the [Auckland Regional Public Health Service website](#) so they can check their risk and know what to do.
- If there are people in your network who are at [high risk from measles](#) (i.e. pregnant women, children younger than 12-15 months and those with weakened immune systems), advise them to talk to their doctor for advice. Direct them to the [People exposed to measles: Information for close contacts](#) and [People at high risk in a measles outbreak](#) factsheets on the [Auckland Regional Public Health Service website](#).

## Vaccination, the best protection

The best protection against measles is to be vaccinated with two doses of the measles, mumps and rubella (MMR) vaccine. One dose of MMR will protect around 95% of people, while two doses protect around 99% of people. In Auckland, the MMR vaccine is given to children at 12 months and four-years-old as we are in a measles outbreak. Outside of outbreak, the vaccine is routinely given at 15 months and four-years-old.

The vaccine is free for everyone born from 1 January 1969. If you were born before then, you are likely to have had the disease as a child and therefore already be immune.

## For 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 IMMUNE – 0800 466 863)
- Healthline: 0800 611 116

*Last updated June 2019*