

# Information for people with measles

## Please read this information carefully and take the suggested actions

You have been diagnosed with having measles. Measles is a very infectious disease. It is important that you follow the advice from your doctor and remain isolated at home until you are no longer infectious. Your doctor will also have notified the Public Health Service.

Your doctor will have spoken with you and given you the dates for when you are still infectious and **must remain at home in isolation**, as you can still spread measles to other people. This is for a further five days after the start of your skin rash. Isolation means staying at home and away from day-care / school / work, group and social activities, sports and recreation events and public places like cinemas and shopping malls.

If you become increasingly unwell with measles and need to re-visit a doctor, please phone the medical centre or hospital before you go so that when you arrive they can isolate you to prevent the spread of measles in their clinic waiting room.

## Protecting others from measles:

**You only need to be in a room for a few minutes to spread the measles virus through breathing.**

Please think about who you have come into contact with in the days when you have been infectious. The time period you would have been infectious is from five days before your rash started, and for five days after your rash began (so for a total of ten days).

- Have you been to work/school/early childhood centre?
- Who have you visited?
- Who has been to your home?
- What places have you been to in your community?
- Have you travelled by train/airplane?

**If you have had contact with anyone that is pregnant, has a weak immune system (from a medical condition or medication) or is younger than 15 months of age, it is important that these people talk with their GP immediately.**

Please make a list of the people you have been in contact with and let them know you have measles. The Auckland Regional Public Health Service may ask you for this information, and how to contact these people. Some of these people may need to stay home if they are at risk of getting measles because they are not immune. This can be for two weeks. They should talk to their family doctor about their measles risk and can get more advice from our website: [www.arphs.govt.nz](http://www.arphs.govt.nz)

**The only thing that can stop you or your child catching measles is getting immunised.**

**If you suspect you or your child is sick with measles phone your GP or Healthline on 0800 611 116.**

**For information on immunisation call the Immunisation Advisory Centre on 0800 Immune (0800 466 863) or visit [www.immune.org.nz](http://www.immune.org.nz)**

*Last updated October 2018*