

Fact sheet 1

Information for People with Suspected Measles

You may have measles

Your doctor suspects you, or your child, has measles.

Please follow your doctor's advice and stay isolated at home until:

- You/your child are no longer infectious (see below) OR
- Test results show you/your child don't have measles.

Stay away from others so you don't spread the illness

1. **Stay at home until the end of the 4th day after the rash appears. This means you should stay at home -**

_____ (date)
Doctor to complete the end of the infectious period

You can return to normal activities the next day.

If you need to see a doctor again, phone first so you don't infect waiting rooms.

2. **If your doctor confirms you have measles:**

The infectious period is 10 days; 5 days before the day the rash appears, and 4 days after.
Your infectious period is:

From _____ to _____
Doctor to complete the infectious period

- People may have caught measles from you at any time in this period. Please tell family and visitors (see over the page for what to do).
- Make a list of other people who were close by you during this period – at work, school, pre-school, social events or in sports teams – as there may be others you need to tell if measles is confirmed.
- Call ARPHS (09 6234600) if you travelled outside Auckland during your infectious period.

More information:

- Auckland Regional Public Health Service: www.arphs.health.nz
- Ministry of Health: www.health.govt.nz
- Immunisation Advisory Centre: www.immune.org.nz (0800 466 863)
- Healthline: **0800 611116**



Fact sheet 1 Information for People with Suspected Measles (cont'd)

Why do I have to stay at home in isolation?

If you have measles, staying home in isolation stops it spreading to others.

What does isolation mean?

It means staying home away from others. Do not go to work, school, preschool, group or social activities, sports, or public places like movie theatres, shopping malls, supermarkets, other food markets and cafes. Do not use public transport or visit friends or family. Avoid being in the same room as people who are not immune to measles.

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

If you need to see a doctor, please phone the medical centre or after-hours clinic before you go and tell them you may have measles. When you arrive, you must be isolated and not sit in the waiting room.

What do I do if tests confirm I have measles?

If you/your child do have measles, you will have been infectious for the 10 days listed on the previous page.

1. Make a list of people who might have caught measles from you

You will need to tell others who may have caught the disease from you or your child.

List the people who you/your child have had contact with over those ten days:

- Family members at home, any visitors or people visited
- People at your workplace, school, university or tech, early learning service or preschool
- Any groups of people you have seen – at parties or social events, in sports teams or cultural groups

Only those who were in the same room or space as you during these ten days are considered at risk of catching measles from you.

2. Please tell these people and give them *Fact sheet 2 Information for Close Contacts Exposed to Measles*

Make sure that the people above know that you have measles. Give them copies of the information on the following four pages. Fact sheets and more information are on the Auckland Regional Public Health Service website www.arphs.health.nz.

For schools and early learning services, please inform the principal or manager that there is specific information on our website. You will need to tell them your infectious period dates.

Non immune pregnant women, children younger than 12-15 months and those with weakened immune systems are at greater risk of measles. They or their caregiver may want to ask their doctor for advice.

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