

Measles School Pack



**Includes information for students
and staff exposed to measles**

This pack includes:

- 1. Managing Measles in Schools – a Guide**
- 2. Letter templates for parents with children exposed to measles**
- 3. Letter template for staff members exposed to measles**
- 4. Q and A sheet on measles for parents and staff**
- 5. Tongan and Samoan translations of the letters**
- 6. Translations for parents - Where to seek help for measles concerns**

1. When you are told about a SUSPECTED measles case at school

When you hear about a person with measles at school, please ask the parent or staff member if the case has been confirmed – either through a test result, or by a health professional or ARPHS.

If it is only suspected and not confirmed, the person should stay away from school until given the all clear, but no further action is needed from the school.

2. Being notified of a CONFIRMED measles case

Your school should hear about confirmed measles cases from the staff member, the parent or the student themselves. Health professionals ask measles cases or their parents to tell any school they attend, when a diagnosis is confirmed. The health professional will also tell the patient or parent their infectious period.

3. Knowing the infectious period of a CONFIRMED case

If it is confirmed, the case should stay away until the end of their infectious period (date provided from their health professional). **Write down the infectious period -**

Person was infectious from _____ to _____
Case to provide the dates

The **person with measles** is to stay at home until the end of the last day of the infectious period. They can return to school the next day if they feel well enough.

An infectious period is 10 days: 5 days before the rash, the day the rash began, and the next 4 days.

4. Ring ARPHS to discuss who is at risk of developing measles at your school

Please check when the person with measles was at school over this period – their attendance dates. Have these ready and phone Auckland Regional Public Health Services (ARPHS) on 09 623 4600 during weekdays. If you receive notification of a CONFIRMED case at the weekend, you can call our staff on the same number.



ARPHS will then assist you to work out who else at school is at risk, based on the infectious period (when they could pass measles to others) and the attendance dates of the person with measles.

5. Work out who was exposed to measles during the infectious period

Exposed people are students and staff in the same class, sports team or cultural group as the person with measles. They would have been exposed if they were in the same enclosed area as the person during the infectious period. Those exposed to the virus are called 'close contacts'.

If students in your school move around a number of different spaces during the school day, it may be that all students are considered close contacts. You will need to speak to ARPHS to confirm this.

Close contacts who are vaccinated or immune do not need to be concerned if they have been exposed to measles. People who are not immune may be developing measles and need to be alerted to this.

6. Note the quarantine period – when close contacts who are not immune will have to stay at home

ARPHS will advise the Quarantine Dates (below) to be added to letters to parents and staff. Usually non-immune students and staff need to be in quarantine immediately. ARPHS will advise if there is a future start date for the quarantine period.

Quarantine from _____ to _____ <i>ARPHS to provide the dates</i>
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7. Send out letters to all exposed students and staff (close contacts)

There are two letters from ARPHS for close contacts - one for parents whose children have been exposed and one for staff members (see the next two pages.) These letters explain who may not be immune, and therefore who may be recommended to go into quarantine. Please enter in the quarantine date according to ARPHS advice.

Do not name the student or staff member with measles, but specify the class or school group exposed to the virus.

8. Students and staff members who are close contacts, but without proof of vaccination or immunity, are strongly recommended to stay in quarantine

We strongly advise that students and staff who have been exposed to measles and cannot provide evidence of immunity go into quarantine. We ask that you use the ARPHS form letters to pass on this advice to all close contacts.

The letters ask parents and staff to check that they (or their child):

- have received at least one MMR vaccination more than two weeks prior, and this has been documented
- OR have had a documented diagnosis of measles
- OR are over 50 years because they are very likely to have had measles as a child in New Zealand or overseas.

Check your immunisation register (primary schools are required to have one) and then identify any exposed contacts who do not have evidence of immunity. You will also need to ask exposed staff born after 1 Jan 1969 (under 50 years) to provide proof of immunity.

Students and staff who cannot prove that they are immune are strongly recommended to stay at home for the quarantine period. If families are unwilling to comply, you can ask us for a Direction from a Medical Officer of Health under the Health Act.

9. Be aware of people at high risk of serious illness if they catch measles

For some people, such as non-immune pregnant women and anyone with a weakened immune system, catching measles can lead to serious complications. These staff (or parents of any immune compromised children) should talk to their doctor if they have been exposed to measles at your school.

10. If parents do not comply by keeping their children in quarantine, then ask ARPHS for a Direction from a Medical Officer of Health.

Exposed students and staff who cannot prove that they are immune and who may be developing measles can be required to stay away from school by a legal direction from a Medical Officer of Health.

Letter to parents/caregivers

Dear Parent or Guardian

Measles at

Your child has been in the same classroom as, or in close proximity to, someone with measles. Your child may have caught the disease if they are not immune. This letter tells you what you need to do.

Measles is a serious viral infection. People are usually quite unwell, and they may need to go to hospital. Measles spreads very easily from person to person.

You do not need to do anything if:

1. Your child has had at least one dose of measles vaccine (MMR). Vaccination records should be in the Well Child (Plunket) book, or your family doctor may have records. Please show the school your child's vaccination record.
2. OR your child has been diagnosed with measles in the past

Your child is almost certainly protected from measles if one of the above applies. Your child can continue to go to school as usual.

You are strongly advised to keep your child at home from today until if:

1. Your child has not had one MMR vaccination, or
2. Your child's first MMR was less than 2 weeks ago, and
3. Your child has not had measles previously.

Your child is not immune and may be developing measles. They may be infectious even if they are feeling well.

During this time (sometimes called quarantine) your child needs to stay home. It is important not to go out into the community. If measles is developing your child could infect other people.

Watch for signs of measles

It usually takes 10 to 14 days for someone who has caught measles to start showing symptoms.

If your child develops a high fever, runny nose, cough, sore red eyes, or a rash see a doctor (call ahead to alert your doctor about the possibility of measles before visiting and take this letter along).

If your child has a weakened immune system (e.g. if they have an inherited immune problem or are receiving chemotherapy for cancer), please contact your doctor to discuss further.

For more information about measles, contact Healthline on 0800 611 116 or visit www.arphs.health.nz/measles

For children who aren't immune: vaccination is the best protection

Around 95 percent of people who have been vaccinated with the Measles, Mumps and Rubella (MMR) vaccine are protected against the disease. Currently in Auckland, MMR is given at 12 months and 4 years of age.

We strongly recommend your child gets an MMR to protect them from measles, mumps and rubella, once the quarantine period is over. Please ask your family doctor for more information.

Dr Julia Peters
Medical Officer of Health
Auckland Regional Public Health Service

Letter to staff member

Dear Staff Member

Measles at

You have been in the same classroom as, or in close proximity to, someone with measles. You may have caught the disease if you are not immune. This letter tells you what you need to do.

Measles is a serious viral infection. People are usually quite unwell, and they may need to go to hospital. Measles is spread very easily from person to person.

You do not need to do anything if:

1. You have had at least one dose of measles vaccine (MMR). Vaccination records should be in your Well Child (Plunket) book, or your family doctor may have records. Please show your principal your vaccination record.
2. OR you have been diagnosed with measles in the past, or have a blood test proving measles immunity
3. OR you were born before 1969 as you are likely to have had measles as a child.

You are almost certainly protected from measles if one of the above applies. You can go to work.

You are strongly advised to stay at home in quarantine from today until if you are born after 1 Jan 1969 and:

1. You have no record of having at least one MMR vaccination, or
2. Your first MMR vaccination was less than 2 weeks ago, and
3. You have no medical record of having had measles, or a blood test showing immunity.

You are not immune to measles and may be developing measles. You may be infectious, even if you are feeling well.

During this time you need to stay home. It is important not to go out into the community. If measles is starting you could infect other people.

Watch for signs of measles

It usually takes 10 to 14 days for someone who has caught measles to start showing symptoms.

If you develop a high fever, runny nose, cough, sore red eyes, or a rash see a doctor (call ahead to alert your doctor about the possibility of measles before visiting and take this letter along).

If you are pregnant and not immune, have a weakened immune system (e.g. if you have an inherited immune problem or are receiving chemotherapy for cancer), please contact your doctor to discuss further.

For more information about measles, please contact Healthline on 0800 611 116 or visit www.arphs.health.nz/measles

For staff who aren't immune: vaccination is the best protection

Around 95 percent of people who have been vaccinated with the Measles, Mumps and Rubella (MMR) vaccine are protected against the disease. Currently in Auckland, MMR is given at 12 months and 4 years of age.

We strongly recommend you and your family get an MMR to provide protection against measles, mumps and rubella, once the quarantine period is over. Please ask your family doctor for more information.

Dr Julia Peters

Medical Officer of Health

Auckland Regional Public Health Service

Why do I (or my child) have to stay at home in quarantine?

You may be developing measles; staying home stops it spreading to others and making them unwell.

What does quarantine mean?

It means staying home away from others. Do not go to work, school, group or social activities, sports, or public places like movie theatres, shopping malls, supermarkets and other food markets. 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 are the symptoms?

The signs of measles are a cough, high fever, runny nose and sore red eyes. A few days later, a rash begins on the head and spreads across the body.

What if I or my child feel worse or have symptoms, and need to go to a doctor again?

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

My child hasn't been in the same classroom as a measles case. Are they still at risk?

If your child has been in the same class, room or space as the person with measles while they were infectious, then your child will have been exposed.

If your child is not in the same class, even though they may have been in the same classroom afterwards or in the same hall or playground, the risk is much lower. We are not asking you to keep your child at home in that case, but do watch for symptoms, particularly if they are not vaccinated. We also ask you to check that they are vaccinated.

I don't have any proof that I have been vaccinated – what do I do?

If you are born after 1 January 1969, and if your doctor cannot confirm you have been vaccinated or had measles, you will need to stay home for the quarantine period. Please get vaccinated when you are out of quarantine.

If my child has been exposed to measles, do I have to tell others?

You do not need to tell anyone else that your child may be developing measles and is in quarantine, unless your child is confirmed as having the virus. Only then will you need to inform the school, and then any family and social contacts.

I've only had one MMR – do I have to get another vaccination, or stay away from the school?

You are considered immune during this outbreak if you have only had one MMR (Measles, Mumps and Rubella) vaccine, provided it has been at least two weeks since the vaccination as this is the time it takes to provide protection.

I'm pregnant or have a weak immune system – am I at risk?

Pregnant women who haven't been vaccinated, and anyone with a weakened immune system, are at greater risk of measles complications. They or their caregiver should ask their doctor or lead maternity carer for advice.

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



Tohi ki he mātu‘á

Si‘i Mātu‘a pe Tauhifānau

Tō ‘a e Mahaki Mīselé ‘i

Kuo ‘i ha lokiako pe ‘i ha timi sipoti pe kulupu fakafonua ‘a ho‘o tamá mo ha tokotaha ‘oku puke ‘i he mīselé. ‘E ngalingali kuo ma‘u ‘e ho‘o tamá ‘a e mīselé kapau ‘oku ‘ikai malu‘i ia. Ko e tohi ni ‘oku fakahā atu ai ‘a e me‘a ‘oku fiema‘u ke ke fakahokó.

Ko e mīselé ko ha vailasi pipihi mātu‘aki fakatu‘utāmaki ia. ‘Oku fa‘a hoko ‘i heni ha puke lahi ‘aupito ‘a e kakaí, pea ‘e fa‘a fiema‘u ke nau ō atu ki falemahaki. ‘Oku faingofua ‘aupito ‘a e mafola ‘a e mīselé meí ha tokotaha ki ha tokotaha.

‘Oku ‘ikai fiema‘u ia ke ke fai ha me‘a kapau:

1. Kuo ma‘u ‘e ho‘o tamá ha tu‘oni (dose) huhu malu‘i ‘e taha pe lahi ange ‘o e huhu malu‘i ki he mīselé (MMR). Ko e ngaahi huhu malu‘i ‘oku totonu ke ‘i loto ‘i he tohi Well Child ‘a e Palaniketí (Plunket), pe ‘e ala ma‘u ‘e ho‘omou toketā fakafāmilí ‘a e ngaahi lēkootí. Kātaki ‘o fakahā atu ki he ‘apiakó ‘a e lēkooti huhu malu‘i ‘o ho‘o tamá.

2. PE kapau kuo ‘osi ma‘u ‘e ho‘o tamá ‘a e mīselé kimu‘a ange ai

‘Oku ngalingali ‘aupito ke ‘osi malu‘i ‘a ho‘o tamá ‘a ‘au meí he mīselé kapau kuo ‘osi hoko ha taha ‘i he ngaahi me‘a ‘i ‘olungá. ‘E lava ke kei ma‘u ako pē ‘a ho‘o tamá ‘a ‘au ‘o hangē pē ko ia ‘i he angamaheni.

‘Oku fiema‘u ke tauhi ‘a ho‘o tamá ‘i ‘api ‘o a‘u ki he ‘aho

kapau:

1. Kuo te‘eki ai ke ma‘u ‘e ho‘o tamá ha taha ‘o e ngaahi huhu malu‘i MMR, pe

2. Na‘e toki ma‘u pē ‘e ho‘o tamá ‘a ‘ene fuofua huhu MMR ‘i ha vaha‘a taimi ‘oku si‘i hifo ‘i he uike ‘e 2 kuo toki ‘osí, mo

3. Te‘eki ma‘u ‘e ho‘o tamá ‘a e mīselé kimu‘a ange ai.

‘Oku ‘ikai malu‘i ‘a ho‘o tamá pea te ne ala ma‘u ‘a e mīselé. ‘E lava ke ne fakapipihhi atu ‘a e mahakí neongo ai pē kapau ‘okú ne ongo‘i sai pē ia.

Lolotonga ‘o e vaha‘a taimi ko ‘ení, ‘oku fiema‘u ke nofo pē ‘a ho‘o tamá ‘i ‘api. ‘Oku mahu‘inga ke ‘oua te ne ‘alu atu ki he komiunitií. Kapau kuo kamata mai ‘a e mīselé, ‘e lava ke fakapipihhi atu ‘eni ‘e ho‘o tamá ki ha ní‘ihi kehe.

Siofi ha ngaahi faka‘ilonga ‘o e mīselé

‘Oku fa‘a a‘u hake ki he ‘aho ‘e 10 - 14 ke toki hā mai ai ‘a e ngaahi faka‘ilongá ‘i ha taha kuó ne ma‘u ‘a e mīselé.

Kapau ‘e kamata ke mofi lahi, lelenoa ‘a e vaí he ihú, tale, kula pea mamahi ‘a e matá, pe fepulopulasi ‘a ho‘o tamá, sio ki ha toketā (fuofua tā atu ki ai kimu‘a felāve‘i mo e ngalingali ‘okú ne ma‘u ‘a e mīselé kimu‘a ‘i ha‘a mou ‘a‘ahi atu pea mou ō atu mo e tohi ko ‘ení).

Kapau ‘oku vaivai ‘a e tu‘unga matatali ‘e he sino ‘o ho tamá ‘a e ngaahi mahakí (weakened immune system, ‘o hangē ko ha mahaki tukufakaholo pe ‘okú ne lolotonga ma‘u atu ha faito‘o kimo ki he kanisaá), kātaki ‘o fetu‘utaki ki ho‘o toketaá ke mou talanoa lahi ange ki heni.

Ki ha fakamatala lahi ange fekau‘aki mo e mīselé, fetu‘utaki ki he Healthline ‘i he 0800 611 116 pe vakai ki he

www.arphs.health.nz/measles

Ki he fānau ‘oku ‘ikai ke malu‘i kinautolu meí he mīselé: ko e huhu malu‘i ‘a e founa malu‘i lelei tahá

Ko e kakai ko ia kuo huhu malu‘i kinautolu meí he Mīselé, Moó mo e Lūpelá (Measles, Mumps and Rubella pe MMR) ko e angamaheni ‘oku nau ma‘u ‘a e laka hake ‘i he pēseti ‘e 95 ‘o e malu‘i meí he mahaki mīselé. ‘I ‘Aokalani ‘i he lolotonga ní, ‘oku ‘oatu ‘a e huhu MMR ‘i he māhina 12 pea mo e ta‘u 4.

‘Oku mau tapou mālohi atu ke ma‘u atu ‘e ho‘o tamá ha huhu MMR hili ‘o e vaha‘a taimi ‘oku fakamama‘o fakataimi (pe kolonitini) ai iá ke malu‘i ai ia meí he mīselé, moó mo e mahaki lūplelá. Kātaki ‘o kole atu ha fakamatala lahi ange mei ho‘omou toketā fakafāmilí.

Toketā Julia Peters

Mataotao ‘i he Faito‘o ki he Mo‘ui Lelei ‘a e Kakai ‘o e Fonuá (Public Health Medicine Specialist)

Sēvesi Fakavāhenga ‘a ‘Aokalani ki he Mo‘ui Lelei ‘a e Kakai ‘o e Fonuá (Auckland Regional Public Health Service)

Tusi i mātua

Mo le Matua poo Lē o Tausia le Tamaitiiti

Misela i le aoga amata o loo iai lau tama

E iai se tasi o loo maua i le misela o loo aoga iinei, ma e atonu ua maua ai lau tama i le faama'i. O loo faailoa atu i le tusi lenei mea e tatau ona e faia.

O le misela o se siama matautia e vave tele le pipisi. E masani ona faalogoia e tagata le faama'ima'ia, ma e moomia le vaai o se foma'i. E pipisi gofie le misela mai le tasi tagata i le isi.

E lē moomia ona e faia se mea pe afai:

1. E tasi le tuipuihui o lau tama mo le misela (MMR) ua uma ona fai i le 2 vaiaso pe sili atu talu ai nei. O faamaumauga o tuipuihui ua fai e tatau ona faamau i le tusi a le Well Tamariki Child (Plunket), poo faamaumauga a le tou foma'i faaleaiga. Faamolemole faailoa faamaumauga o tuipuihui a lau tama, i le aoga amata.
2. PE sa maua muamua lau tama i le misela.

Toeitiiti atoa le puipui o lau tama mai le misela pe afai na aafia i tulaga o loo ta'ua i luga. E mafai lava ona alu pea lau tama i le aoga.

E moomia ona taofi lau tama i le fale e aunoa ma se fesootaiga ma isi mai le aso seia aulia le pe afai:

1. E lei faia se tuipuihuia o le MMR o lau tama po'o le
2. Lei atoa le 2 vaiaso talu ona fai le uluai tuipuihui o le MMR o lau tama ma
3. E lei maua muamua lau tama i le misela.

E lē o malosi le tino o lau tama e tetee atu i faama'i ma e ono aafia i le misela. E ono pipisi atu i isi.

E moomia ona taofi lau tama i le fale i le taimi lea. E lē tatau ona fealuai i fafo atu. E ono pisia isi tagata i lau tama pe afai ua amata ona sasao le misela.

Mataala e vaai āuga o le misela

E masani ona faato'ā alia'e āuga o le misela i le mae'a ai o le 10 i le 14 aso talu ona maua ai se tasi i le faama'i.

Afai ua tetele le fiva o lau tama, ua tafe le isu, tale, mūmū mata, pe pata le tino, vaai loa se foma'i (vili muamua e faailoa i lau foma'i masalosaloga o le misela a'o lei vaai le foma'i ma ave i ai le tusi lenei).

Afai e le mafai e lau tamaitiiti ona tetee atu i faama'i (mo se faata'ita'iga, na ola mai lava e lē malosi poo fai sona togafitiga faapitoa mo le kanesa), faamolemole faafesootai lau foma'i e faatalanoa ai le mataupu.

Mo nisi faamatalaga e uiga i le misela, faafesootai le Healthline i le 0800 611 116 pe tagai i le

www.arphs.health.nz/measles

Mo tamaiti e lē o malolosi tino e tetee atu i faama'i: o le fai o tuipuihui le puipui sili ona lelei

O tagata ua faia le tuipuihuia mo le Misela, Mami ma le Rupela (MMR), e masani ona sili atu i le 95% le tele o le puipuiaga mo i latou mai lea faama'i. I le taimi nei i Aukilani, o loo fai tuipuihui o le MMR mo tamaiti ua atoa le 12 masina ma tamaiti ua atoa le 4 tausaga le matutua

Matou te fautuaina malosi oe ina ia fai le tuipuihui MMR mo lau tama pe a mavae le vaitaimi sa faaesea ai mo puipuiaga, mai le maua ai i le misela, mami ma le rupela. Fesili i le tou foma'i faaleaiga mo nisi faamatalaga.

Dr Julia Peters

Medical Officer of Health

Auckland Regional Public Health Service

Translated messaging

English

Worried about measles?

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.

Māori

Kei te āwangawanga koe ki te mītera?

Noho ki te kāinga me te waea atu ki tō tākuta ki Healthline

(0800 611 116) rānei mō ngā tohutohu. He kaiwhakamāori ā-waha ā Healthline – hei te wā ka whakautua tō waeatanga atu, kōrerotia tō pīrangī ki tētahi kaiwhakamāori ā-waha me te reo e pīrangī ana koe ki te kōrero.

Samoaan

Popolega i le misela?

Nofo i le fale ma vili lau foma'i po'o le Healthline (0800 611 116) mo se fautuaga. E i ai fa'amatala'upu a le Healthline – Afai e tali mai i lau vili atu, ona fa'ailoa lea i ai e te mana'omia se fa'amatala'upu ma ta'u iai le gagana e te mana'o e te fia talanoa ai.

Tongan

Hoha'a fekau'aki moe mahaki misele?

Kapau koia. Nofo ma'u 'i 'api pea ke fetu'utaki ki ho'o toketā pe koe Healthline (0800 611 116) ke 'oatu ha fale'i. 'Oku 'i ai 'a e kau fakatonulea 'i he Healthline – talaange ki he tokotaha tali telefoni 'oku ke fiema'u tokotaha fakatonulea faka-Tonga keke lea ki ai.

Cook Island Māori

Te manatā'ia āinei te maki mīsara?

E no'o ki te kāinga ma te kāpiki atu koe i tō'ou taote, mē kore ra te Healthline (0800 611 116) nō te akamārama tauturu. E aronga uri reo tō te Healthline – mē pa'u ia mai tā'au kāpiki'anga, e akakite koe ē, ka anoano koe i tēta'i tangata uri reo, ē pērā katoa, i tā'au reo ka anoano koe i te tuatua atu anga.

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



Niuean

Tupetupe ha ko e gagao misele?

Nofo he kaina ti hea e telefoni ke he ekekafo haau poke Healthline (0800 611 116) ke kumi lagomatai. Fai tagata fakaliliu e Healthline – ti talaage he magaaho ka tali ai e telefoni haau, ka manako tagata fakaliliu a koe mo e vagahau motu ne manako a koe ke fakaaoga.

Chinese

担心有麻疹?

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

Korean

홍역에 대해 걱정 되십니까?

외출을 삼가 하시고 담당의사나 헬스라인(Healthline 0800 611 116)으로 전화하여 조언을 받으십시오. - 헬스라인에서는 통역 서비스를 제공해 드립니다. - 전화하실 때 한국어 통역을 요청하시고 서비스를 받으시기 바랍니다.

Hindi

खसरे की चिंता है?

घर पर रहें और सलाह के लिए अपने डॉक्टर या हेल्थलाइन (0800 611 116) को कॉल करें। हेल्थलाइन में दुभाषिए उपलब्ध हैं - जब आपकी कॉल का उत्तर दिया जाता है, तो कहें कि आपको एक दुभाषिया की आवश्यकता है और आप किस भाषा में बात कर सकते हैं।

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**

