



Information about measles

Measles is a serious disease that can make you very sick, but that can be prevented with the measles, mumps, rubella (MMR) vaccine.



How measles spreads

Measles spreads easily as a virus between people who have not had the MMR vaccine or who have not had measles before.

It spreads by breathing, sneezing or coughing. You can catch it as easily as going into the same room that someone with measles has been in.

Protect yourself and others against measles

The MMR is free and available to anyone in New Zealand born after 1 Jan 1969.

To find out about vaccination for tamariki, contact our specialist Well Child Tamariki Ora nurses. Te Piki Oranga also offers the MMR vaccine for ngā pākeke (adults), and support and advice about vaccination.

Check if you are protected against measles

You are immune to measles if you:

- Were born before 1 Jan 1969
- Have had measles before
- Have had two MMR vaccinations, and the last vaccination was more than a month ago. Pēpi under 15 months are immune if they have had their first vaccination, at least a month ago
- Have had a blood test showing you are immune

To check if you and your whānau are immune, check your Well Child Tamariki Ora (Plunket) book, or contact your doctor.

If you are not sure whether you have been vaccinated, it is safe to get the MMR vaccine again.

People at risk of serious illness

Some people are more at risk of becoming very unwell if they catch measles. This includes:

- Anyone with a chronic illness or a weakened immune system
- Tamariki younger than five years old who have not had their first MMR vaccine
- Pēpi younger than 12 months who are too young to receive their first MMR vaccine
- Wāhine hapū (pregnant women)

If you or your whānau are in these groups, it's even more important you get vaccinated if you can.

Wāhine hapū and tamariki aged 12 months and younger cannot get vaccinated, although if there's an outbreak of measles children under 12 months may be able to be vaccinated.

This is why it is important that whānau of wāhine hapū and tamariki have had both MMR vaccines – so they are much less likely to catch measles and spread it to people who can't get vaccinated.

Know the measles symptoms



Red, blotchy rash



Fever



Sore, watery pink eyes



Cough



Runny nose



The rash normally appears three to seven days after the other symptoms. It starts on the face and then spreads to the rest of the body.

What to do if you have symptoms

You should seek medical advice urgently, from your doctor or from Healthline on 0800 611 116 (available all hours).

Please do not visit a medical centre or hospital without calling first as you may risk passing on the virus to others.

In an emergency call 111.

What happens if you have measles or have been in contact with someone who has measles

If a test shows you have measles, you will need to stay home and isolate. You will be given personal advice from a health professional who will stay in touch.

They will also work with you to identify anyone else at risk of catching measles from you, and will contact them to let them know what to do (contact tracing).

There is support available if you need to isolate.

For more information visit:
www.tpo.org.nz/mmr vaccine

Where to find us

Whakatū/Nelson

17 Bishopdale Avenue, Nelson 7011

Phone 03 546 9099

Waimeha/Richmond (Management Team)

A1, 281 Queen Street, Richmond 7020

Phone 03 543 7016 Email admin@tpo.org.nz

Motueka to Mohua/Golden Bay

117 Pah Street, Motueka 7210

Phone 03 528 1046

Wairau/Blenheim

22 Queen Street, Blenheim 7201

Phone 03 578 5750