

Don't
ASSUME
You're
IMMUNE
to measles.

**IT'S
FREE!**

To get immunised now, talk to Student Health or your family doctor or nurse.

Not only children get measles.
Protect yourself and your family.

Call **0800 IMMUNE** or visit
health.govt.nz/measles for more info

Measles

It isn't just a little rash

Measles can be dangerous, especially for **babies, children and pregnant women.**

Measles symptoms typically include:

- High fever (may spike to more than 40°C)
- Cough
- Runny nose
- Red, watery eyes
- Rash may develop 3-5 days after symptoms begin



Measles can be life threatening:



1 out of 3 people who get **measles** may be **hospitalised.**



1 out of every **1,000** people with **measles** may develop **brain swelling** which may lead to brain damage.



1 out of **1,000** people with **measles** may **die from complications.**

You can protect your children with vaccination.
Talk to your GP or practice nurse.

Measles

Top 3 things parents need to know about measles

An unprotected (or unvaccinated) child can get measles when travelling overseas and also at home in New Zealand.

This is a list of some of the most important facts you need to know about measles.

Measles can be serious.



Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- 1 out of 3 people who get measles may be hospitalised.
- 1 out of every 1,000 people with measles may develop brain swelling which may lead to brain damage.
- 1 out of 1,000 people with measles may die from complications.

Some of the more common measles symptoms include:

- High fever (may spike to more than 40°C)
- Cough
- Runny nose (corzya)
- Red, watery eyes (conjunctivitis)
- Rash (3 – 5 days after symptoms begin)

Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, up to 9 out of 10 people around them will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to one hour after that person has left. An infected person can spread measles to others even before knowing they have the disease.



You can protect your child against measles with a safe and effective vaccine.

The best protection against measles is the measles-mumps-rubella (MMR) vaccine. *Two doses of MMR vaccine provide the best protection:*

- The first dose at 15 months of age
- The second dose at 4 years of age

Travelling to Auckland

NEW ADVICE: it is recommended that babies 12–15 months **travelling to Auckland** have their MMR early.

Travelling overseas

People with babies 6–12 months travelling overseas to countries with large measles outbreak should talk to their doctor about early vaccination.