

MEASLES

IMPORTANT NOTIFICATION

Measles is highly infectious.

If you think you have symptoms of measles please phone the practice and we will help you further
If you have queries that are not answered with the below information and links you can phone for a nurse
to give you a call or email us on enquiries@broadwaymed.co.nz
(please note measles in the subject for a quicker reply)

MEASLES: What you need to know

- Measles is a highly infectious viral illness spread by coughing and sneezing.
- Initial symptoms include coughing and running nose, then a rash.
- People are infection from five days before the rash starts until five days after it starts.
- Infected people should stay in isolation, staying home from school or work, during this time.
- Two MMR vaccinations are needed for immunity; these are available from medical practices and free to eligible people.
- People are considered immune if they have received two doses of MMR vaccine, have had measles previously, or were born before 1969.
- Anyone believing they have been exposed to measles **should not** go to the Emergency Department or After-Hours Clinic or Medical Practice. **Instead, call your Medical Practice first.**
- Due to limited availability of vaccines we will need to prioritise to the most vulnerable first.
- If you believe you have been exposed to someone with measles or are unsure you have been vaccinated, please email us with the **Subject: Measles.** This will enable us to forward your query to one of our Nurses.

More information about measles is available at:

<https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles>

<https://www.southerndhb.govt.nz/pages/measlesnews/>