Graphical user interface

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Information about measles



Published: May 2023

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# About measles



This booklet tells you the things you need to know about **measles**.

A picture containing diagram

Description automatically generated**Measles** is an illness that can make you very sick.

A picture containing text, vector graphics

Description automatically generatedMeasles can affect:

adults

children.

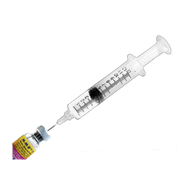


Measles can spread easily between people who are not **immune** to measles.

Icon

Description automatically generatedBeing **immune** to measles means that you:

have had measles before  
  
or

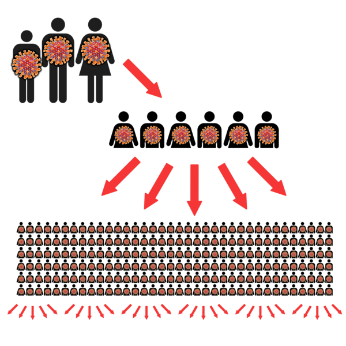
have had the **Measles Mumps Rubella vaccine**.

If you are immune you are less likely to get measles.

The **Measles Mumps Rubella vaccine** is an injection that can protect you from getting measles.

It is sometimes called the MMR vaccine.  
  
  
You need to get it 2 times.

# How measles spreads

Measles spreads easily between people who are not immune to / protected against measles.

Measles is spread by:

Icon

Description automatically generatedbreathing

sneezing

coughing.



You can catch measles by going into a room if someone with measles has been in the room 1 hour before.

# What happens to your body when you get measles

Icon

Description automatically generatedPeople with measles may have:

* a fever which means you would feel very hot

A picture containing person, fruit, apple

Description automatically generated

* a cough
* a runny nose
* eyes that are:

Icon

Description automatically generated

* + sore
  + watery
  + pink.

Calendar

Description automatically generatedFrom day 3 to day 7 of having measles people may start to get a **rash**.

Icon

Description automatically generated  
A **rash** is when parts of your skin become:

* swollen
* red
* itchy.

A picture containing person, indoor, underpants

Description automatically generated

A measles rash usually:

starts on your face

then spreads to the rest of your body.

# Keeping yourself safe from measles



Being **vaccinated** is a good way to stay safe from measles.

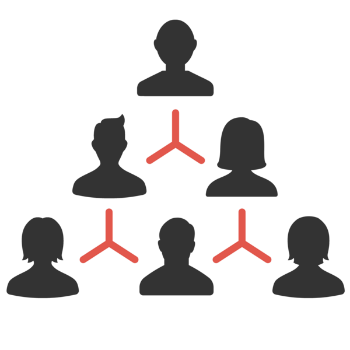


Being **vaccinated** means you get an injection in your arm.

A picture containing person

Description automatically generatedIf you are vaccinated you are less likely to:

* get measles
* spread measles



* need to stay home if you are in contact with someone with measles.

A picture containing person

Description automatically generatedGetting vaccinated to protect yourself from measles:

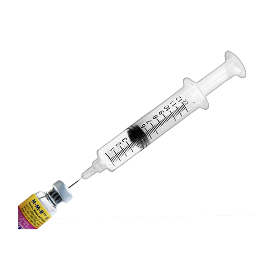
* is easy



* does not cost money.

**A picture containing silhouette

Description automatically generated**The MMR vaccine is free for anyone in New Zealand born after 1 January 1969.



If you do not know if you had 2 MMR vaccine doses then it is best to get another injection.



It is still safe if you get too many doses of the MMR vaccine by mistake.

A picture containing person

Description automatically generated

To get your vaccines ask your doctor.

# What to do if you think you have measles

A picture containing diagram

Description automatically generated

If you have measles **symptoms** you need to get medical advice right away.

Icon

Description automatically generated

Measles **symptoms** are:

* fever / feeling very hot
* Logo, icon

  Description automatically generatedcough
* runny nose
* Icon

  Description automatically generatedsore eyes
* rash.



If you think you have measles you should call before you go to see a doctor.

If it is an emergency you should call 111 right away.

**111**



111

A picture containing person

Description automatically generatedIf it is not an emergency you can call:

* your usual doctor
* Text

  Description automatically generatedHealthline: 0800 611 116
* the Disability Helpline:
* call 0800 11 12 13
* text 8988.

You can use the NZ Relay service to call:

**www.nzrelay.co.nz**

The Disability Helpline is run by Whakarongorau Aotearoa / New Zealand Telehealth Services.

A person who knows about disability will answer your call from 8am to 8pm.



After 8pm, calls are answered by a trained member of the Healthline team.

# Check if you are protected against measles

Icon

Description automatically generatedYou are considered immune to measles if you:

* were born before 1 January 1969
* have had measles before
* have had two MMR vaccinations with the last dose more than 1 month ago.
* have had a blood test showing you are immune.

A picture containing person

Description automatically generatedBabies less than 15 months old are said to be immune if:

they have had 1 MMR dose after they were 1 year old

the MMR dose was given at least 1 month ago.

If you are immune you will **not** have to stay home in **quarantine** if you come into contact with someone who has measles.

**Quarantine** means you have to stay at home away from other people.

A picture containing text, clipart

Description automatically generated

Quarantine usually lasts 14 days.

To check if you and your whānau are immune:

* look in your Wellchild Tamiriki Ora / Plunket book
* A picture containing person

  Description automatically generatedcontact your doctor.

# How measles symptoms are different to COVID-19



COVID-19 is an illness that can make you very sick.

Some symptoms of COVID-19 are the same as the symptoms of measlesIcon

Description automatically generated like:

* fever / feeling very hot
* Logo, icon

  Description automatically generatedcough
* runny nose.

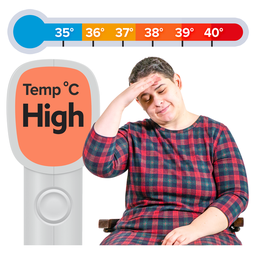
If you have symptoms like this you should:

* take a test for COVID-19
* stay at home even if the test says you do not have COVID-19.

A picture containing person

Description automatically generated

You should ask for medical advice if:

* your symptoms:
* get worse
* A picture containing text, jack

  Description automatically generateddo not go away after 2 days
* a second test also says you do not have COVID-19
* Icon

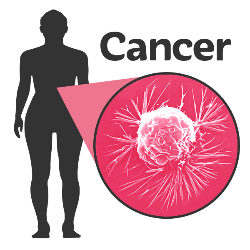
  Description automatically generatedyou get measles symptoms like:
* Icon

  Description automatically generateda blotchy rash
* sore watery pink eyes.

# People at risk of serious illness

There are some people who can get very sick if they catch measles like:

people who have a long term illness

people who have a serious illness that affects their immune system

* children under 5 years old who have not had 1 dose of the MMR vaccine
* babies younger than 1 year who are too young to get the MMR vaccine

people who are pregnant.

It is very important for people / whānau who could get very sick to get vaccinated if they can.

Some people cannot get vaccinated like:

people who are pregnant

* babies younger than 1 year who are too young to get the MMR vaccine.



If there are a lot of cases of measles then babies under 1 might be able to get vaccinated.

The best way to protect your whānau who cannot get vaccinated is to make sure that everyone else has the vaccine.

# What to do if you catch measles

A picture containing person

Description automatically generated

If a test shows you have measles you need to:

* stay home
* isolate / stay away from other people.



It takes around 7 to 10 days to get better from when you get symptoms.



You can leave your home 4 days after you develop a rash if you have had a final check with a health professional.

Most people can isolate safely at home.

Around 1 in 10 people with measles need to go to hospital because of their symptoms.



If you need to isolate a health professional will be in touch regularly.

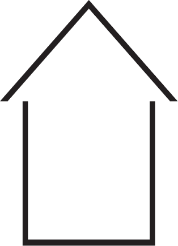


They will ask you if there is anyone else at risk of catching measles from you.

If there is someone at risk of catching measles in your home you can ask the health professional what to do.

# If you are a contact of someone with measles

You need to quarantine if:



you are not immune  
  
and

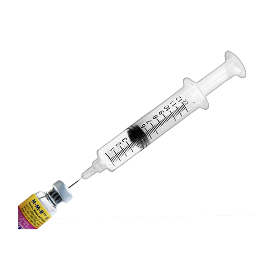
you have been in contact with someone with measles.

A picture containing person

Description automatically generatedA health professional will:

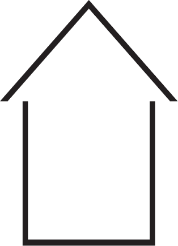
explain what you need to do

check on you regularly.

If you have had one dose of MMR vaccine you:

do not have to quarantine

should stay away from:



* early learning services for 14 days
* healthcare facilities / hospitals for 14 days
* other places as advised by your health service.



You can go to healthcare facilities if you need:

to get vaccinated

urgent medical attention.

If you need to go to a healthcare facility you must:

* wear a mask
* call first to say you have been near someone with measles.

# Isolation / quarantine support

A picture containing person

Description automatically generatedWhen the health professional calls you to talk about your quarantine you can let them know if you need support with:

money

other things.

You can also contact the Ministry of Social Development / MSD to ask if you can get financial support.



The number to call is:

**0800 559 009**

# Where to get more information

You can find out more about measles on our website.

**www.health.govt.nz/measles**

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Some information on our website is not in Easy Read.

Graphical user interface

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Text

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Text

Description automatically generatedThe ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.

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