

Information for people with measles

Please read this information carefully and take the suggested actions

You have been diagnosed with measles. Measles is a very infectious and potentially serious disease. It is important to follow your doctor's advice and **stay isolated at home** until you can no longer spread it to other people. Your doctor will also have let Auckland Regional Public Health Service know.

How long do you have to stay in isolation at home?

Your doctor will have told you how long you will be infectious for and how long you **must stay at home in isolation**. This is until five days **after** your skin rash starts.

Why do I have to stay at home in isolation?

Being in isolation stops measles spreading to other people. It means staying at home and away from daycare, school or work, group and social activities, sports and recreation events and public places like movie theatres, shopping malls, supermarkets or other food markets. You should also not use public transport or visit friends or family.

What if I feel worse and need to go to a doctor again?

If you become increasingly unwell with measles and need to re-visit a doctor, please phone the medical centre or hospital before you go. When you arrive, you must be isolated and not sit in the waiting room. This is to prevent spreading the disease to others.

Protecting others from measles

You only need to be in a room for a few minutes to spread the measles virus through breathing. Please think about who you have been in contact with while infectious. You are infectious from five days before your rash starts until five days after it starts (a total of ten days).

- Have you been to work/school/an early childhood service?
- Who have you visited?
- Who has been to your home?
- What places have you been to in your community?
- Have you travelled by train/aeroplane?

If you have had contact with anyone who is pregnant, has a weak immune system (from a medical condition or medication) or is younger than 15 months old, these people must talk to their doctor or call Auckland Regional Public Health Service immediately.

Please make a list of the people you have been in contact with. Auckland Regional Public Health Service may ask you for this information, and how to contact these people. Some of them may need

to stay home if they are at risk of getting measles because they are not immune. This can be for one to two weeks. They should talk to their family doctor about their measles risk and can get more advice from our website: www.arphs.govt.nz

The only thing that can stop you or your child catching measles is being vaccinated with the MMR vaccine.

If you suspect you or your child is sick with measles phone your doctor, or Healthline on 0800 611 116 for free advice.

For 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 IMMUNE – 0800 466 863)

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