

Fact sheet

Information for Close Contacts Exposed to Measles

You have been in contact with someone who has measles

You have been given this information as you've been near someone with measles. This means if you are not immune (protected against measles), you may get it too.

1. You are likely to be IMMUNE and safe from measles if:

- You have received at least one dose of the measles, mumps, and rubella (MMR) vaccine. This will be recorded in your Well Child/Tamariki Ora or Plunket book, or with your GP.
- You were born before 1 January 1969. Before 1969, almost everyone caught the disease as a child.
- You have previously been diagnosed with measles. Once you have recovered from measles, your body is protected from future illness.

If you are immune - no action is needed

If you are likely to be immune, simply carry on life as normal.

2. You are NOT IMMUNE and are at risk of getting measles if:

- You were born after 1 January 1969 and haven't had at least one dose of MMR vaccine after your first birthday, or haven't had measles
- You are 'immunocompromised' (a medical condition or medication has weakened your immune system).

If you are not immune – you need to take action

- You need to **stay at home in quarantine** (see information overleaf).
- **Watch for measles symptoms.** These include fever, cough, runny nose and sore red eyes, followed by a rash that starts on the face and neck before moving down the body.
- **Phone before visiting a doctor** or call Healthline on 0800 611 116.

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 466 863)
- Healthline: **0800 611116**



Fact sheet 2 Information for Close Contacts Exposed to Measles (cont'd)

What is quarantine?

Quarantine means staying home, away from others who are not immune until you know you are not getting sick with measles. It takes 7-14 days for a person who has become infected with measles to start having symptoms.

Why do I need to stay in quarantine?

Staying in quarantine is important because if you are getting sick with measles, you can spread it to others even before you feel sick or show symptoms.

Measles is highly infectious and can spread quickly and easily to others. It can make people very sick and lead to hospitalisation and serious complications. It is especially dangerous for non-immune pregnant women, babies and people with weakened immune systems.

Being in quarantine means you should not use public transport, or visit neighbours, family and friends (and they should not visit you if they are not immune). Do not go to:

- Work, preschool, school, university, college and technical institutes
- Church or other places of worship
- Social or sports activities (including gyms, shopping malls and movies)
- Supermarkets and food venues, such as restaurants, cafes, takeaways and food markets.

How long do I stay in quarantine?

Please fill out the measles quarantine form below:

- In Box A, write down the date the rash appeared on the person with measles (ask them the date)
- Count back 5 days before the rash date, and write this date into Box B.
- Count forward 4 days after the rash date, and write this date into Box C.
- The person could spread measles between dates B and date C. This is their infectious period.

Beginning of rash



If you saw the person with measles during their infectious period, tick the dates that you saw them.

- If you are not immune to measles, you should stay at home in quarantine.
 - Your quarantine time starts 7 days after the first time you saw the person with measles.
 - Your quarantine time finishes at the end the 14th day after the last time you saw the person with measles.
- An online quarantine calculator is available at www.arphs.health.nz/measles-q-calculator.