

2019 NZCAF National Schools Aerobics and Hip Hop Championships

Measles Advice

As you know, measles outbreaks in regions across New Zealand are causing concern among health officials and the wider community.

We are absolutely dedicated to making the 2019 National Championships as safe and enjoyable as possible for all competitors and supporters.

If a competitor, supporter or official has measles, **they are not allowed to attend the 2019 National Championships.**

Parents/caregivers and coaches should be vigilant for the following measles-like symptoms:

- a fever
- a cough
- a runny nose
- sore and watery 'pink' eyes
- sometimes small white spots on the back inner cheek of the mouth

Anyone who has been in contact with a measles patient within the past 14 days may also be required to stay away from the event (unless explicitly cleared, in writing, by a medical officer).

People who are either not immunised or do not know their vaccination status are most at risk of contracting or transmitting measles and we strongly advise contacting parents/caregivers to outline these risks.

We are providing the following recommendations to all groups attending;

- Do not include in your group anyone who is unwell or exhibiting any symptoms of measles; fever, runny nose, cough, sore red eyes or rash.
- Request proof of vaccination with at least one measles mumps rubella (MMR) treatment for all travelling competitors, and accompanying adults. Note; Adults over the age of 50 are very likely to have immunity against measles. Knowing this will allow you to isolate a non-immune person at the first sign of illness.
- Be prepared; have a thermometer and masks in your first aid bag.
- If any student or travelling adult shows any signs of measles;
 - have a plan to isolate them. Providing a mask is a good idea but, by itself, not enough.
 - safely seek healthcare for anyone who becomes ill. Call first and mention measles, rather than just showing up. Healthcare providers have plans in place to deal with anyone with measles symptoms but they need prior notification.
- Know the symptoms of measles and be aware patients are contagious before they get a rash. Measles is spread by airborne droplets of virus particles; not by sharing drink bottles or through food preparation.