

Measles advice for events, from the SDHB Emergency Operation Centre:

Received: 10 September 2019

There have recently been outbreaks of measles within New Zealand. There is currently a large outbreak in Auckland and there have now been cases reported in the Southern District.

The best way to prevent the spread of measles is through vaccination. Everyone over the age of 15 months (or 12 months in Auckland) who can, should be immunised with at least one MMR vaccination, (two for those over the age of 4 years).

People are not at risk if they have had two vaccinations for measles, or were born before 1st January 1969 or have had measles infection in the past.

If you are unsure of your measles vaccination status please contact your general practice.

MMR is available free from your family health provider, for anyone who has never been vaccinated or who may have only had one dose of a measles containing vaccine in the past.

Please ensure you are well and protected from measles prior to attending the 2019 National Schools Aerobics & Hip Hop Championships.

If you think you may have been exposed to measles and have never been vaccinated or had the disease, please do not attend the 2019 National Schools Aerobics & Hip Hop Championships. Please contact your doctor and stay in isolation at home until advised, even if you are feeling well.

The signs of measles;

- Fever
- Runny nose
- Cough
- Sore red eyes
- A rash

If you are unwell with symptoms of measles;

- Please stay at home and call your GP, who will advise you what to do.
- Your GP will take precautions, such as seeing you in the carpark if needed, to prevent avoidable exposure to others.

Thank you for supporting this great event and for considering the health of our wider community.

Here is a link to the Ministry of Health's website on measles for more information:

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