

Communicable Disease Factsheet: Measles Information for Cases

Please read this information sheet carefully and take the suggested actions

You have been confirmed as having English measles. Measles is a highly infectious disease. It is important that you follow the advice from the public health unit, and remain isolated at home until you are no longer infectious.

The public health unit will have spoken with you and given you the dates of your period of infectiousness. During this 10 day period of infectiousness the measles virus is able to spread to other people if you do not remain in isolation.

If you become very unwell with measles and need to seek medical attention please phone the medical centre or hospital prior to arriving, so that they can isolate you, and prevent the spread of infection 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 come into contact with in the days when you have already been infectious. For instance: Have you been to work/school/early childhood centre? 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?

In particular, have you had contact with anyone that is pregnant, has a compromised immune system (from a medical condition or medication) or is younger than 15 months of age? It is important that these people talk with their GP.

Please make a list of the people you have been in contact with during your infectious period, and contact them to let them know you have English measles. Contacts should remain at home until the period of risk for developing measles is over, if they are not immune to measles. This period of risk is two weeks from their last contact with you.

The only thing that can stop you or your child catching measles is getting immunised. If you suspect you or your child is sick with measles phone your GP or Healthline on 0800 611 116.

For more information on immunisation, please call the Immunisation Advisory Centre free on 0800 IMMUNE (0800 466 863) or visit their website <http://www.immune.org.nz>