

Dear Parent or Guardian

## Measles at



A person with measles has attended this service, and there is a chance your child may have caught the disease. This letter tells you what you need to do.

Measles is a serious viral infection. People are usually quite unwell, and they may need to go to hospital. Measles spreads very easily from person to person.

### **You do not need to do anything if:**

1. Your child has had at least one dose of measles vaccine (MMR) more than 2 weeks ago. Vaccinations should be in the Well Child Tamariki Ora (Plunket) book, or your family doctor may have records. Please show your child's vaccination record to the early learning service.
2. OR your child has been diagnosed with measles in the past.

Your child is almost certainly protected from measles if one of the above applies. Your child can continue to attend.

### **You need to keep your child at home in quarantine from today until**

**if:**

1. Your child has not had one MMR vaccination
2. Your child's first MMR was less than 2 weeks ago.
3. Your child has not had measles previously.

Your child is not immune and may be developing measles. They may be infectious.

During this time your child needs to stay home. It is important not to go out into the community. If measles is starting your child could infect other people.

### **Watch for signs of measles**

It usually takes 10 to 14 days for someone who has caught measles to start showing symptoms.

If your child develops a high fever, runny nose, cough, sore red eyes, or a rash, please see a doctor (call ahead to alert your doctor about the possibility of measles before visiting and take this letter along).

If your child has a weakened immune system (e.g. if they have an inherited immune problem or are receiving chemotherapy for cancer), please contact your doctor to discuss further.

For more information about measles, contact Healthline on 0800 611 116 or visit [www.arphs.health.nz/measles](http://www.arphs.health.nz/measles)

### **For children who aren't immune: vaccination is the best protection**

People who have been vaccinated with the Measles, Mumps and Rubella (MMR) vaccine normally have more than 95% protection against the disease. Currently in Auckland, MMR is given at 12 months and 4 years of age.

We strongly recommend your child gets an MMR after the quarantine period to protect against measles, mumps and rubella. Please ask your family doctor for more information.

Dr Maria Poynter  
Public Health Medicine Specialist  
**Auckland Regional Public Health Service**