

Dear Staff Member

## Measles at



A person with measles has attended this service, and there is a chance you 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 is spread very easily from person to person.

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

1. You have had at least one dose of measles vaccine (MMR), more than 2 weeks ago. Vaccination records should be in your Well Child (Plunket) book or with your family doctor. Show your vaccination record to your manager.
2. OR you have been diagnosed with measles in the past, or have a blood test proving measles immunity
3. OR you were born before 1969 as you are likely to have had measles as a child.

You are almost certainly protected from measles if one of the above applies. You can keep going to work.

### **You will need to stay at home in quarantine from today until you are younger than 50 years and if you**

1. You have no record of having one MMR vaccination
2. Your first MMR vaccination was less than 2 weeks ago
3. You have no medical record of having had measles, or a blood test showing immunity.

You may be developing measles and be infectious, even if you are feeling well.

During this time you need to stay home. It is important not to go out into the community. If measles is starting you 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 you develop a high fever, runny nose, cough, sore red eyes, or a rash see a doctor (call ahead to alert your doctor about the possibility of measles before visiting and take this letter along).

If you have a weakened immune system (e.g. if you have an inherited immune problem or are receiving chemotherapy), or if you are pregnant and not immune, please contact your doctor or lead maternity carer.

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 staff 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 you and your family members get an MMR after the quarantine period to protect against measles, mumps and rubella. Please ask your family doctor for more information.

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