

# What is quarantine?

**Protect others: stay at home, don't have visitors who aren't immune**

Quarantine is for non-immune people who have been close to someone with measles. This is because there is a chance they may get sick too and spread it to others.

## What is quarantine?

Quarantine means staying at home, away from other people, until you are cleared of having measles.

**Being in quarantine means you must not use public transport, or go to:**

- Work
- Preschool, school, university, college, technical institutes or any other institution
- Visit neighbours, family and friends (or have them come to visit you if they are not immune)
- Churches or other places of worship
- Social or sports activities (including gyms, shopping malls and movie theatres)
- Supermarkets and food venues, such as restaurants, cafes, takeaways, food markets

**Your quarantine period needs to start seven days after your first contact with measles. It will finish 14 days after your last contact with measles. For example:**

*If your friend got their measles rash on 6 October, they will have been infectious from 1 October and will stay infectious until 10 October. If you were at work with them from 4-6 October your first contact was on 4 October and your last contact was on 6 October. You should remain in quarantine from 11 October to 20 October.*

## Why do I need to stay in quarantine?

- The measles virus can spread quickly and easily to others by breathing, sneezing and coughing. Just being in the same room as someone with measles can make you sick if you are not immune - as many as 15 people can catch measles from just one person.
- Measles is a serious disease that can make people very sick and lead to hospitalisation, serious complications or, in rare cases, death.
- [It is especially dangerous for pregnant women, babies and people with low or no immunity \(protection\) against the disease.](#)
- You can have measles and spread it to others before you feel sick or show symptoms

## How will I know if I have measles?

The symptoms of measles are **fever, runny nose, cough and sore, red eyes**. A few days later a **raised rash** starts on the face and neck, and then spreads to the rest of the body. **If you have any of these symptoms, you should call us (623 4600), your family doctor or Healthline (0800 611 116).**

If it turns out you **do not** have measles, it is recommended that you arrange to be vaccinated with [MMR vaccine](#) by your doctor. This will prevent you from being at risk of the disease again in the future.

## Questions?

- Phone Auckland Regional Public Health Service on **623 4600** and **ask for the Measles Nurse**.
- If you need to see a doctor, please ring ahead. When you arrive at the health centre or hospital, stay in the car and call (or send in whoever is with you) to let them know you have arrived. This will prevent the spread of infection to others in the waiting room.

## For more information

- Auckland Regional Public Health Service: [www.arphs.health.nz](http://www.arphs.health.nz)
- Ministry of Health: [www.health.govt.nz](http://www.health.govt.nz)
- Immunisation Advisory Centre: [www.immune.org.nz](http://www.immune.org.nz) (0800 IMMUNE – 0800 466 863)

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