

Information for measles contacts

You have been in contact with someone who has measles and you may be at risk of getting sick and passing the virus on to others. Please check to see if you need to stay home. This will stop you giving measles to others if you have caught it.

1 Check if you need to stay home

Do any of the following apply?

- Were you born before 1 January 1969?
- Have you had measles before?
- Have you had a blood test which shows you are protected against measles?
- Have you had 2 doses of the MMR vaccine after the age of 12 months old (or 1 dose if aged 12 - 15 months old)?

If you answered yes to any of these you are unlikely to have caught measles. You do not need to stay home.

Monitor your symptoms for the next 14 days and get help if you feel unwell.

If you answered no to all of these but have had 1 dose of the MMR vaccine, you do not have to quarantine, but should take precautions.

You do not need to remain at home, but for 14 days you should stay away from early learning services.

During this time please also avoid healthcare facilities, except to get vaccinated or if you require urgent medical attention. Wear a mask and call first to say you are a measles contact.

It's recommended you get a second MMR dose as soon as possible. You can contact your doctor to discuss this.

If you answered no to all of these and have not had any doses of the MMR vaccine you need to stay home in quarantine.

You may have caught measles. We'll call you as soon as we can.

Follow the advice on the rest of this factsheet so you know what to do and how to stay safe.

IF YOU NEED HELP OR ADVICE



- Contact your doctor, or call Healthline for free anytime on 0800 611 116.
- In an emergency call 111 immediately. It's important to say you're a measles contact when you call.
- For the disability helpline call 0800 11 12 13, or text 8988. You can also access this service from www.nzrelay.co.nz. For alternative health services visit www.health.govt.nz/healthline.

If you need to quarantine...

2

What it means to stay home in quarantine

HOW LONG YOU NEED TO STAY HOME

You need to stay home in quarantine:

From:

To:

During this time you need to stay away from work or school, as well as other places you normally go such as the shops or church, and you cannot use public transport. You also shouldn't see visitors or have people come into your home, unless they are told they are immune.

A health professional will call you regularly during your quarantine period to check on your symptoms. At the end of your quarantine period they'll do a final symptom check and tell you if it's safe for you to leave your home.

YOUR WHĀNAU AND MEASLES

People you live with or have seen recently do not need to stay home and can carry on with life as normal (unless they feel unwell, have measles or are also non-immune contacts). However, if you develop measles people at risk of getting measles from you may need to quarantine.

CHECKING IF YOU'RE IMMUNE

To check if you're immune we may ask you to get a blood test. While you're waiting for the results of this it's important you continue to stay home.

PEOPLE AT HIGHER RISK OF GETTING UNWELL

We recommended you tell your doctor you're a contact if you (or someone in your whānau) are under five years old and haven't had the MMR vaccine, are pregnant, or have a health condition which suppresses the immune system, such as cancer.

3

Watch out for symptoms

It's important to watch out for measles symptoms while you are in quarantine. These often start with a runny nose, a cough, sore eyes and a fever. Some people also get white spots inside their mouth.

Three to seven days later a rash starts on the face and then spreads to the rest of the body.

Symptoms normally take around seven to ten days to appear after you have caught the virus.

People with symptoms may need a test to check if they have the virus. We will let you know how to do this safely and provide further information if you or anyone else tests positive for measles.

Call your doctor or Healthline for advice if you experience more severe symptoms. These include:

- Ear infections
- Diarrhoea, which can also lead to dehydration
- Cough with phlegm, chest pains or shortness of breath (which may be signs of pneumonia)

FOR MORE INFORMATION VISIT: WWW.HEALTH.GOV.TZ/MEASLES

If you need to quarantine...



When to get emergency help

Call 111 if you:

- Have trouble breathing
- Have a stiff neck
- Feel drowsy or cannot be woken up
- Are coughing up green or yellow thick mucous
- Experience backpain
- Have sore ears
- Have a fit (seizure)
- Do not pee for 10 hours

Call 111 for your child if:

- They experience any of the symptoms on the left
- They become floppy, very drowsy or are difficult to wake
- Their breathing becomes very fast or noisy
- They become very pale or have blue lips or gums

Always call first if you need to visit a medical practice or hospital, and wear a mask



Other help & support

GETTING FOOD & ESSENTIALS

Because you are in quarantine you should not go to the shops. If you need help getting essential items, such as food or medicines, contact a friend or family member for support. If they are at risk of getting measles they shouldn't come into your home when they deliver the items.

WORK AND FINANCES

If you need to take time off work you will need to take sick leave. If you need financial support contact Work and Income on 0800 559 009 to check if you are eligible for any help. This is available Monday to Friday, 7am to 6pm, or Saturdays from 8am to 1pm.

YOUR MENTAL HEALTH

This can be a worrying time for you and your whānau. If you need help or someone to speak to contact Need to Talk? – call or text 1737 any time for support from a trained counsellor.



Finishing your quarantine

Your quarantine period finishes 14 days after you were last in contact with the person with measles. A health professional will call you at the end of your quarantine period to do a final symptom check and make sure it is safe for you to leave your home.

After you finish your quarantine period it's recommended you speak to your doctor about having the MMR vaccine. This will protect you against measles, mumps and rubella. If you get vaccinated you also won't have to isolate or quarantine again if you come into contact with someone who has these viruses.

FOR MORE INFORMATION VISIT: WWW.HEALTH.GOV.TZ/MEASLES