

Measles – Important Information

Measles is a very contagious viral illness that spreads easily between people and makes most people feel very unwell. Symptoms include fever, cough, runny nose, sore pink watery eyes and rash starting on head and neck.

About 1 in 3 people with measles will need hospital care. The measles vaccine is very effective at preventing measles. **After one measles vaccine you are 90-95% protected against measles.**

If you or your whanau have any symptoms of measles, please do not come into the practice, instead call and speak with one of the nurses.

With the recent increase in measles cases in the Wellington area, it's important to make sure you're protected.

If you're unsure about your immunity to measles:

- You can check your immunisation records (dating back to 2005) on **My Health Record** <https://my.health.nz/> or
- Call the **Vaccination Helpline** for free on **0800 28 29 26** to check records for children and young people.

Parents can also:

- Check their child's Tamariki Ora / Well Child book to confirm there are **two recorded MMR vaccinations.**

Immunity guidance:

- People born **before 1969** are generally considered immune and do not need the MMR vaccine.
- People born **after 1969** need two documented doses of MMR to be fully protected.

If you were born **after 1969** and are unsure of your vaccination status, please call the practice on 048015228 to book an appointment with one of our nurses.

The MMR vaccination is fully funded for those who need it.