



## Urgent: Measles (Mītara)

### **KIA HIWA RA, KIA HIWA RA KIA KOKIRI, KIA MATĀRA WHĀNAU MA**

There is a **very large outbreak of measles** in Auckland hitting our Māori and Pacific Island communities and is now in the Waikato region. Measles can be **very serious** for all ages and it spreads very easily.

**WHĀNAU we need to stop measles in its tracks!**

**PLEASE don't assume you are immune.**

**FREE, FREE, FREE, with 3 steps:**

1. Ring your doctor to **CHECK** your whānau immunisation status
2. If you are not immune, **BOOK IN** to get the vaccine
3. **GET VACCINATED**

### **Patai / question?**

**Where do I go?** Ring your doctor / GP (General practice) clinic. Another good place to ask questions is free phoning Healthline 0800 611 116.

**What if I do not have a GP?** Find one here:

- Pinnacle Midland's Health Network (Rotorua, Gisborne, Taranaki and Waikato district): [www.itsmyhealth.co.nz/medical-centre/search](http://www.itsmyhealth.co.nz/medical-centre/search)
- Hauraki PHO (Hamilton, Tokoroa and Hauraki area): [www.haurakipho.org.nz/practice-directory/](http://www.haurakipho.org.nz/practice-directory/)
- National Hauora Coalition: [www.nhc.maori.nz/waikato](http://www.nhc.maori.nz/waikato)

**How much does it cost?** It is FREE.

**What is the vaccine called?** There is a good vaccination for measles called MMR.

**Who should have the vaccine?** Everyone between 12 months and 50 years old.

**How many injections do I need?** Having two doses of MMR is the best protection for your whānau against measles. The first dose is the most important one. The second dose can be given at 4 weeks or more after the first.



## Measles Symptoms

### EARLY SYMPTOMS

High fever  
Cough  
Runny nose



### LATER SYMPTOMS

High fever  
Rash

**If you or your whānau have symptoms or have been close to someone with measles please:**

**STAY** at home and **CALL** your nurse, doctor, or Healthline (0800 611 166).

- Healthline has interpreters – say you'd like an interpreter.
- Call before going to a clinic or the hospital - protect others by not spreading measles if you are sick.

**#MeaslesInWaikato**

**#Immunise**

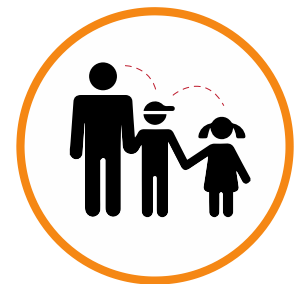
**#StayAtHome**

**#ProtectYourWhānau**

Endorsed by:

Dr Richard Hoskins

Medical Officer of Health/Public Health Physician



## Measles

**Don't assume you are immune.**

**spreads easily and can cause serious illness**