

Infomesen abaot Misel

Misel hem i save pas long wan man i go lo narawan we i minim se hem i save pas isi nomo bitwin pipol we ol i no bin kasem stik blong hem. Misel i save kosem big bigfala helt problem, olsem jest i gat infeksien mo bren i solap, we i save putum man i go long hospital o i save ded long hem. Misel i save mekem imiun sistem blong wan man i nomo strong, we i lidim i go long ol long-taem ifekt long helt blong hem.



Yu yu imiun long misel sapos yu:

- bin kasem misel bifo, O
- yu kasem 2 vaksin blong misel afta long eij blong 12 manis (olsem misel, mamps mo rubela (MMR) vaksin).

Sapos yu bon o yu stap long Niu Silan bifo 1969, i gat janis se yu yu imiun from klosap evriwan i kasem misel bifo long taem ia. Sapos yu stap long wan nara kantri bifo 1969 bae yu mas jek wetem heltkea provaeda blong yu.

Hem i impoten se yu jekem sapos yu imiun long misel mo yu faenem medikel rekod, olsem imunaeseses rekod o test risal, blong konfemem hemia. Blong kasem moa infomesen long saed blong jekem imiuniti blong yu, yu go lukluk long info.health.nz/measles-immunity.

Imiunaseses o kasem stik hem i nambawan proteksen agensem misel. Sapos yu no imiun long misel, **o yu no sua se yu imiun**, yu sud go tekem stik vaksin (blong kasem moa infomesen, ridim seksen long saed blong prevensen long infomesen pepa ia).

Sapos yu imiun mo yu kam klosap long wan we i kasem misel, yu no nid blong kwarantn (stap long haos) o tekem eni nara spesel aksen blong protektem ol nara pipol, from yu gat proteksen finis blong no kasem mo spredem misel.



Ol saen mo simtom - wanem yu save luk mo filim

Ol simtom blong misel ol i save stat eniwea bitwin 7 mo 21 dei afta yu kam klosap long wan we hem i gat misel be i save stat insaed long 10 dei.



Red, raon soa



Fiva



Soa, mo red wota ae



Kof



Nus i ron

Ol fes simptom blong misel ol i olsem ol nara sik blong jest (pulum win), olsem KOVID-19 mo influenza (flu). Wetem misel, sam soa i stap kamaot long skin 3 kasem 5 dei afta long ol nara simptom. Ol soa ol i stat long fes mo ol i spred i go long nara pat blong bodi. **Sapos yu gat fiva mo soa i stap kam aot long skin, mo yu no kasem stik blong misel (o yu no klia gud), folem infomesen we i stap long seksen blong lukaotem helt advaes.**



Lukaotem helt advaes

Sapos yu ting se yu o wan long famli blong yu i kasem misel, yu mas stap long haos mo kolem GP, dokta, Hauora o heltkea provaeda blong yu, o kolem Healthline fri long 0800 611 116, enitaem 24/7 blong kasem advaes kwik taem. **Long wan imejensi, kolem 111.**

Hem i impoten blong yu telefonem fastaem sapos yu stap go long wan heltkea provaeda, olsem ol i save protektem ol nara man blong yu no go klosap long olgeta. Long taem blong visit blong yu, oltaem yu mas werem wan fes mask we yu save sakem afta we i kavremap nus mo maot blong yu.



Olsem wanem nao misel hem i spred?

Misel i spred isi nomo bitwin pipol we ol i no imiun.

Misel i pas taem wan we i gat misel i pulum win, i toktok, i snis o kof klosap long narafala man. Yu save kasem misel taem yu go insaed long wan rum afta we wan we i gat misel i go aot finis. Wan man/woman wetem misel nomo i save spredem i go long 18 nara pipol.

Wan man/woman we i gat misel i save spredem i go long ol narafala pipol iven bifo hem i save se hem hemwan i kasem. Hemia i save hapen stat long 4 dei bifo kasem 4 dei afta we soa i kamkamaot long skin.



Hu i stap long denja blong kasem bigfala siknes olsem misel?

Olsem 1 long 3 pipol we i gat misel bae hem i sik bigwan blong hem i mas go long hospital. No mata hemia i save hapen long eniwan, be i gat sam pipol we sapos ol i kasem misel ol i save sik bigwan. Hemia i minim:

- pikinini we ol i no kasem 5 yia yet, speseli ol bebi we ol i no kasem 12 manis
- eniwan we ol i gat wan wik imiun sistem, wetem olgeta we i gat bel mo go kasem 6 wik afta we ol i bonem bebi (sapos yu kasem misel taem yu gat bel, yu save kam sik bigwan mo i save spolem bebi blong yu).

Ol Māori mo pipol blong Pasifik ol i moa isi blong go silip long hospital taem ol i kasem misel, bitim ol nara etnik grup.



Wanem i hapen sapos mi kasem misel?

Sapos yu sik long misel, bae yu nid blong aesoletem yu wan (minim se yu stap long haos) kasem 4 dei afta we soa i kamkamaot. Hemia i stopem yu blong spredem misel i go long narafala pipol. Olsem plante pipol ol i spel 1 kasem 2 wik blong ol i oraet bakegen afta long misel, be maet yu no harem gud yet blong go bak long ol nomol aktiviti blong yu olsem wok o skul long en blong aesolesen taem blong yu. Hem i impoten blong yu tekem moa taem blong spel blong kam oraet bakegen.

Bae lokol pablik helt sevis blong yu i kontaktem yu blong provaedem infomesen mo sapot long yu. Hemia i minim:

- jekem ol simtom mo helt blong yu
- askem wea yu bin go wokbaot mo hu yu spenem taem wetem long taem we misel blong yu i save spred olbaot
- mekem sua se yu save wanem blo mekem sapos ol simtom blong yu ol i moa nogud.



Wanem i hapen sapos mi bin kam klosap (ekspos) long wan we i sik long misel?

Sapos yu ekspos long misel, bae ol i aedentifaem yu olsem wan 'klos' o 'kasuel kontak'. Wan klos kontak bae i save developem misel. Ol aksen we bae yu nid blong tekem i dipen: sapos yu no imiun (0 stik), yu no finisim vaksin (1 stik nomo) o yu imiun long misel (2 stik finis).

Pablik helt sevis tim bae i kontaktem yu blong givim sapot long yu mo sam moa infomesen long wanem yu nid blong mekem. Bae ol i jekem rekod blong yu mo ol i save askem yu blong tekem wan blad test blong jekem sapos yu imiune long misel.

Sapos yu no imiune yu stap long denja blong kasem mo spredem misel. Bae yu nid blong kwarantn (stap long haos) blong stopem misel i spred i go long narafala pipol.

Sapos yu kasem 1 misel vaksin nomo, ol i talem se yu **no finisim vaksinesen, minim se maet yu no imiun gud long misel** mo yu stap long denja blong kasem mo spredem sik ia. Bae yu nid blong:

- no go long ol ples we misel i save spred isi long hem, olsem long ol heltkea provaeda, skul mo ol eli lening sevis (skul blong bebi mo smol pikinini)
- no go klosap long ol pipol we ol i save sik tumas long misel (ridim hu i stap long denja blong sik bigwan long seksen antap)
- jekem gud ol misel simtom mo sapos yu kasem eni long ol simtom ia, i save minim se yu gat misel nao mo hem i impoten tumas se yu (aesoltem yu wan) stap long haos mo kasem helt advaes.

Sapos yu **imiun** bae yu no save kasem o spredem misel mekem se yu save gohed long ol nomol aktiviti blong yu olsem wok mo skul, sapos yu filim gud. Sapos yu kasem ol misel simtom, aesoltem yu wan (stap long haos) mo folem faenem helt advaes seksen antap.



Prevensen

Imiunaesesan hem i nambawan wei blong pipol i protektem olgeta wan long misel, 99% blong pipol we ol i kasem 2 misel vaksin (olsem misel, mams mo rubela (MMR) vaksin) afta long eij blong 12 manis, bae ol i imiun blong kasem mo spredem misel long ol narafala wan.

- Ol bebi ol i stap kasem fes MMR vaksin blong olgeta long 12 manis mo nambatu wan long 15 manis. Mekem bebi blong yu i tekem vaksin long stret taem hem i nambawan wei blong protektem hem.
- MMR vaksin hem i fri long ol pipol we ol i no kasem 18 yia yet, mo long olgeta we ol i pasem 18 yia finis be ol i gat raet blong usum fri heltkea long Niu Silan. Blong faenem infomesen long raet blong kasem pablik fanded heltkea, yu lukluk long [Get publicly funded health services | New Zealand Government](#).
- Sapos yu gat wan helt kondisen we i mekem imiun sistem blong yu i wik, toktok wetem heltkea provaeda blong yu blong jekem sapos yu save kasem MMR vaksin.

- Taem yu gat bel yu no save tekem MMR vaksin, be yu save tekem MMR vaksin afta we yu bonem bebi mo hem i sef blong tekem taem yu stap givim titi yet. Hem i impoten blong mekem sua se yu kasem ful vaksin agensem misel sapos yu stap tingting blong gat bel.
- Sapos yu no save se yu bin gat 2 vaksin blong misel finis, i gud yu tekem wan moa MMR vaksin (hem i sef blong tekem ekstra vaksin).

Blong kasem moa infomesen long saed blong MMR vaksin yu lukluk long info.health.nz/measlesvaccine.

Blong kasem vaksin, yu kontaktem GP, dokta, Hauora o heltkea provaeda, o yu kolem Vaksinesen Helpaen fri long 0800 28 29 26 (8.30 moning kasem 5.00 aftanun Mande kasem Fraede) – sevis ia i gat ol intepreta we i avelabol mo yu save jusum blong toktok wetem wan Māori o Pasifik advaesa o wan disabiliti advaesa, o yu yusum NZ Relay. Mo tu, yu save bukim wan vaksinesen apoenment long info.health.nz/bookavaccine. Plante famasi ol i givim MMR vaksin mo sam ol i save stikim ol pikinini. Yu save faenem ol provaeda ia long healthpoint.co.nz/immunisation.



Blong kasem moa infomesen:

- Yu go long Health New Zealand | Te Whatu Ora websaet info.health.nz/measles.
- Fri NZ Relay Sevis ol i avelabol long nzrelay.co.nz sapos sora blong yu i fas, yu no save harem gud, defblaen o gat problem blong toktok.
- Yu telefonem Healthline long **0800 611 116**, enitaem 24/7 blong kasem fri helt advaes mo infomesen long wanem blong mekem afta. Yu save jusum blong toktok wetem wan Māori dokta sapos yu ring bitwin 8 klok long moning mo 8 klok long naet. Intepreta sevis mo NZ Relay sapot i avelabol tu.
- Blong ol pipol we ol i stap o ol i visit long rurol eria, yu save kontaktem wan dokta afta haoa long **Ka Ora Telecare 0800 2 KA ORA (0800 252 672)** o kaora.co.nz.
- Wan helpaen i stap blong Disabiliti sapot we i avelabol long Mande kasem Fraede, bitwin 8 klok long moning mo 5 klok long aftanun. Yu telefonem fri long **0800 11 12 13** o yu teksem **8988** blong kasem help mo infomesen o yu lukluk long healthpoint.co.nz/disability-helpline.