

Informason abaot measles

Measles i mekem ol man i sik hapi, hem i pas moa fas long ol pipol we oli no getim imyun. Measles i save mekem plante hevi long helth, olsem infekshon long bes en blo ael, na i save bringim yu go haus sik mo evri dea. Measles i save mekem wan man i no strong moa, bambae i gat long taem sipeli long hem healt.



Yu save tinkim se yu immune long measles sapos yu gat:

- mi had measles bifo, O
- kasim 2 faksin blong measles afta 12 mans (eg. measles, mumps an rubela faksin (MMR)).

Sei yu bon or stap long New Zealand bifo 1969, yu mas no fraid, bikos most pipol hem get measles bifo taem ya. Sei yu bin laef long narafala kantri bifo 1969, yu mas go askim yu docta bilong helf.

lumi mas check if yu immune long measles an lukim yu medicol rekords, olsem imunisasen rekords o test results, fo confirmim diswan. Foa moa infomasen blong jekim imuniti, info.health.nz/measles-immunity.

Faksin olsem hemia best samting fo stopim measles. Sei yu no immun blong measles, **o sapos yu no save moa sapos yu immun**, betta fo yu go faksin (sei yu want mo infomesen, lukim priventim seksen long dis infomsen pepa).

Sei yu getim imuniti mo yu kasem wan pawa we get measles, yu no nid fo stap long haus (quarantine) or mekem narafala samting spesel fo protektem narafala, bicos yu already protekted long karem mo spreadim measles.



Sain mo symptoms – wetem samting wea yu fitim mo siem

Measles symptoms savi long 7 kago 21 dei afta yu bin mitim wan man we get measles tasol mofata em save stat long 10 dei.



Red, splotch skin
bilong sakit



Fiva



Sore, wet
pink eye



Kof



Nose i drimi

Fasa blong measles be saem olsem narafala sik we i affectem brek, olsem COVID-19 an influenza (flu). Measles, da sik iusul i kamap, rash bae showim 3 fo 5 dei afta olgeta narafala symptoms. Ras hemi start long fes, afta hem kava long olgeta padi. **Sapos yu gat fiva mo skin rash, mo yu no save sapos yu immune long measles (o yu no save moa), bara yumi follou tok na stail wea i stap long sikman edvais sekshen.**



Lukim help long healt

Sapos yu tink se yu o wan pipol insae yu famili get measles, yu mas stap long home an kolim yu GP, dokta, Hauora o narafala heaels ka provaida, o kolim Healtlain fri long 0800 611 116, anetaem 24/7 fo advais asap. **Se yu getem wanem nogud kolim III.**

I mportant fo yuo call hamas ta yu visitim healtcair provider, so olketa save protectim notha pipol long expose. Kava taem yu kam visit maske wea yu putum ova yu nota an maot, yu mas brodada wanem taem yu no rausim.



Measles hemi spred olsem wanem?

Measles hemi sped easi tumas long pipol we ol ino getim imun.

Measles i pas bakim long wenman we i sik, hem i bret, tok, sneezem, o kof long narafala. Yu save catch measles taem yu enta wan rum afta dat pipol wea get measles i don lef. I man we get measles, hem fit spredim go 18 narafala pipol.

Wanem man we get measles, hem fit spredem go long narafala bifo hem save se hem getim. Dis kan hapen long 4 dei bifo tumas we rash kamap, go kasem 4 dei afda we rash finis.



Hu nao i gat risk blong sik bigwan wetem measles?

Abaout 1 in 3 pipol wey gat measles, bae sik fuli fufala moae bae go hospitil. Dis kan hapen long eniwan, olketa pipol we get sik moa if olketa catch measles. Dis i inclu:

- pikinini we i stil nomoa 5 yia, speseli beby we i stil nomoa 12 mans
- eniwan wea get weak imun sistem, includim while pipol mama, an long 6-week afta tu get pikinini (sapos yu get measles taem yu bikbele, yu savve get sik big an hem savve harem pikinini tu).

Māori an Pacific pipol, oli go hospitil mo measles moa than ova pipol.



Waem samting kan hepen sapos mi get measles?

Sapos yu gat measles, yu mas stei long haus (disem i minem blong yu stei hom) kasem 4 dei afta wea rash i stat. Dis hao yu no go spreadim measles go long narafala. Planti pipol i takem 1 oli go 2 wik fo rikava long measles, so yu no olsem i go rihg long sae mo aktiviti olsem wok o skul bifo yu come bek afta yu finish long stei hide. Ies importan fo givim yu wan taem fo karem bak.

Yumi go kontaktim yu long local health servis fo yu, wea go givim yu ol impoten infomesen mo sapot. Dis i inclu:

- lukim long yuo ol symptoms mo yuo samting well
- mi askem yu long wea yu go mo hu yu spendim taem wetem, taem yu abol fo sprea measles
- sua olsem yu save wanem fo du if yu sinisi hem i go moa bad.



Olsem wanem sipos mi bin kasem wanpela man long measles?

Sef yu don kasem measles, yu save be kolim as 'klos' o 'kasual' kontak. Pipol wey yu stap klos long hem, hemi mo likli fo kachim measles. Da samting we yu mas du, i depen long sapos yu no get immun, yu likil bit faksin o yu immun long measles.

Yua team wey deh fo pablic health go kontak yu fo help yu an givim moa informeisen long wetem yu ned fo du. Dem go lukim yu rekods mo bae dem askim yu fo tekem wan blod test fo lukim if yu get immun fo measles.

Sapos yu no gat immun, yu de langa risk fo catchim measles an passim go long ada pipol. Yu mas stap long haus (kwarantín) fo no mekem measles go long narafala.

Sapos yu get 1 measles faksin, stap partial faksin, olsem yu no save immune long measles, mo yu kans oltaim fo catchim mo spredim. Yu mas duim:

- stay lo lukim ples we measles inap spred easili, olsem hais krae, skul mo olgeta ples we pikinini savve lanim
- stawe long pipol we fitnogud tumas wit measles (lukim wea i siblyo riski fo get fitnogud tumas wit measles wea meksim abov)
- lukim yu go kasem sam samting fo measles, influ yu kasem, hem i minim se yu save get measles, i impoten tumas fo yu stei insaed long haus an askem helth advais.

Sapos yu, **immune** yu no liklik fo get measles mo fo spredem, yu save continue fo do yu usual ting olsem wok mo skul, sapos yu no sick. Sapos yu get symptoms blong measles, stei hom (isolait) mo folloim da helth advais we stap abov.



Sapos yu laek preventim

Immunization hem best wei fo pipol fo tek ker blong hem se gain measles. 99% blong pipol wea hem don 2 measles faksin (olsem measles, mumps mo rubella (MMR) faksin) afta 12 muns, bae hem immune agaen measles an no go spreadim fo ova pipol.

- Pikinini ol i mas kasem first MMR faksin long 12 mans, mo seken long 15 mans. Fiksim immunisation long yumi pikinini long taim, na, diswan hem best wei fo protektem.
- MMR faksin i fri fo ol pipol unda 18 yia, mo fo ol pipol 18 yia mo abov we i kwalifye fo fri helth kea long New Zealand. Fo informashon long wea yu fit fo get helth ker wey govenment fund, yu kan go soi [healt servis wey govenment pei | New Zealand Gavenment](#).
- Sapos yu get wan healt problem weikim yu immune sistem, talem to yu dokta blong yu, blong luksave sapos yu fit blong kasem MMR faksin.
- Taem yu bikbele, yu no fit wanem MMR faksin, olsem, yu fit mekem MMR faksin afta yu bifo, an diswan seif duim taem beby stap susu. Ita impoten fo yu masure se yu get ful imunisasen long measles sapos yu plan fo get pikinini.
- Sapos yu no save sapos yu bin get 2 faksin fo measles, i gud yu go get narra MMR faksin (i safe fo gat moa doses).

If yu wan moa info abaot MMR faksin, go si info.health.nz/measlesvaccine.

Foaia yu siki faksin, toktok long yu GP, dokta, Hauora o wan kakae bilas, o yu savi foaia long faksin Helplain, long 0800 28 29 26 (8.30am kasem 5.00pm Mande long Fraide) – disfala sapot i gat man long telim yu, mo yu save tok long wan Māori o Pacific advise, wan disabiliti advise, o yu use NZ Relay. Yu save bukim faksin apointmen wantem info.health.nz/bookavaccine. Plenti famasi oli givim MMR vaccination mo samfala tu oli save faksineitim ol pikinini. Yumi save faenim ol provaiders long healthpoint.co.nz/immunisation.



Moa infomesen:

- Lukim Healt New Zealand | Te Whatu Ora website info.health.nz/measles.
- Yu save use NZ Relay Sevis we fri long nzrelay.co.nz sapos yu lapas, hard fo harem, iapas aipas, ora yu get problem long toki.
- Kalim Healtlain long **0800 611 116**, anytime 24/7 long fri help mo infomasen blong wanem fo du next. If yu wan, yu fit tok witu Māori dokta sapos yu kol bigin 8am go kasem 8pm. Wanem olketa help blo interpreter mo NZ Relay, tu, i stap mekem yu.
- Ol man blong raem o visit long ples, yu savi kontak wan dokta afta ausa long **Ka Ora Telecare 0800 2 KA ORA (0800 252 672)** or kaora.co.nz.
- I get wan helplain wea bilong helpim pipol wea get disabiliti hem stei long Monday fo Friday, long taem 8.00am kasem 5.00pm. Koa frae long **0800 11 12 13** o tekst **8988** long help mo infomesen o viset healthpoint.co.nz/disability-helpline.