

# Measles

## Information for event attendees

### Measles in Aotearoa New Zealand

Aotearoa is experiencing an ongoing serious measles outbreak, with cases identified in many communities around the country.

Measles is a serious illness that is highly contagious and spreads very easily between people and can make you seriously unwell. It affects both children and adults.

To be fully protected from measles and considered immune, you must have received 2 measles vaccines after the age of 12 months or had measles before. If you were born or lived in Aotearoa before 1 January 1969, you are considered immune.

### Check you are protected against measles before you go to events or large gatherings

Before attending this event, we encourage you to check if you are protected against measles. If you are not immune and you come into contact with someone with measles, you will need to quarantine at home for at least 8 days and you could also become unwell.

- For more information on checking your immunity to measles, visit [info.health.nz/measlesimmunity](https://info.health.nz/measlesimmunity)
- To find out how to get a copy of your immunisation record, visit [info.health.nz/get-a-copy-of-your-immunisation-record](https://info.health.nz/get-a-copy-of-your-immunisation-record)

### Get immunised if you are not immune or do not have recorded evidence of immunisation

If you are not immune, your best protection against measles is immunisation. Two doses of the measles, mumps and rubella (MMR) vaccine after the age of 12 months will fully protect about 99% of people from measles.

- For information about the MMR vaccine and how you can get immunised, visit [info.health.nz/mmr](https://info.health.nz/mmr)

### If you are feeling unwell or have measles symptoms

If you are unwell or have any measles symptoms, stay home and seek healthcare advice from your GP, hauora, Pacific or other healthcare provider. You can also call Healthline anytime for free on **0800 611 116** for advice and support.

If you become unwell or are concerned about someone else during the event, seek medical assistance immediately and follow any health advice.

## **If you are not immune to measles or know you are immunocompromised**

If you are not protected from measles, or are immunocompromised, and measles is currently spreading in your area, carefully consider if you need to attend large events. Measles can spread easily to anyone who is not immune and you could become very sick.

### **Further information**

- For further information about measles, visit [info.health.nz/measles](https://info.health.nz/measles)