

# Measles is here

## Protect yourself and others

Measles is spreading in our community and it's serious. Anyone who is not immune can get infected and become very sick.

### Protect yourself and others now:

- ✓ Check everyone in your family has had 2 measles vaccines after the age of 12 months. See [info.health.nz/measlesimmunity](https://info.health.nz/measlesimmunity)
- ✓ For anyone who hasn't, or you're not sure, **book a vaccine now**. It is safe to get another vaccine and is free for most people. See [info.health.nz/measlesvaccine](https://info.health.nz/measlesvaccine) or free call the **Vaccination Helpline** on 0800 28 29 26.
- ✓ **Stay at home** and free call **Healthline** immediately on 0800 611 116 if you develop any measles symptoms:



Red, blotchy  
rash



Fever



Sore, watery  
pink eyes



Cough



Runny  
nose