



Together, we can protect our school community from measles

Measles is a serious, highly contagious disease that can make people very unwell. It can also cause significant disruptions for school communities.

Depending on their immunisation status, people infected with measles, and those caring for them, will need to stay away from school and other activities.

The serious nature of measles means:

- Most people infected may need at least two weeks off work/school to recover.
- People who are not immune and who have been near someone with measles will need to stay away from school, early childhood settings and other activities for at least eight days.
- Around one in three people who get measles will need to go to hospital.

- People who get measles often have a weakened immune system for several years afterwards. This means they'll get sick more often with other illnesses, and could miss school, work, and other important events.

Immunisation is the best protection

You need two recorded doses of the measles vaccine (given after 12 months of age) to be considered fully protected.

- **Born before 1 January 1969** - you're considered immune.
- **Born between 1969 and 2004** - you may not be fully protected.

Not fully protected or unsure?

- Check the immunisation status of everyone in your family/whānau for more information visit healthnz.govt.nz/measlesimmunity
- It's safe for most people to get another dose of the Measles, Mumps and Rubella (MMR) vaccine and it is free for most people.
- Call the Vaccination Helpline on **0800 28 29 26** to book your appointment today.

