



English

Measles is a serious and highly contagious illness, which can affect adults as well as children.

Two doses of the MMR vaccine (after the age of 12 months) protect about 99 per cent of people from getting measles.

For information about checking if you are fully protected against measles, visit info.health.nz/measles or call the Vaccination Helpline 0800 28 29 26.

The Helpline is available from 8.30am to 5pm, Monday to Friday (except public holidays). Interpreters are available and you can choose to speak with a Māori advisor, a disability advisor, or use NZ Relay.