

# If you were born after 1 January 1969, check you're protected against measles



There is a sustained measles outbreak in the Auckland region. Health authorities are undertaking an enhanced immunisation programme. This will improve protection against measles and increase coverage rates in the region.

People born after 1 January 1969 who are not immunised against measles or who are unsure whether they have had this immunisation, should contact their usual GP clinic as soon as possible to discuss catch up measles, mumps and rubella (MMR) vaccination.

- The MMR vaccine is available free to anyone who needs it.
- The best protection against measles is to have two doses of the MMR vaccine.
- Those born before January 1969 are expected to have been exposed to measles, and are considered immune.

Measles symptoms include fever, cough, runny or blocked nose, sore red eyes and white spots inside the mouth. After 3-5 days a rash appears on the face and spreads down the body. Measles is extremely infectious.

Anyone who has any of these symptoms, or who may have been in contact with someone with measles and is not sure that they are immune, should stay away from work, school and public places to reduce the risk of spread to others.

Phone your usual GP clinic or Healthline on 0800 611 116 first and follow their advice.

For further information please visit [www.healthpoint.co.nz](http://www.healthpoint.co.nz)