

Measles – important information from Regional Public Health (RPH)

As you know, there is a large and increasing measles outbreak in Auckland with over 800 confirmed cases and over 900 cases nationally. There have been 21 cases in the Wellington region this year.

Measles is likely to continue in NZ for months with travel, school holidays, interschool events and tournaments increasing the likelihood of further measles spread.

Safeguarding your children from measles by being fully vaccinated, keeping students and staff off school and excluding those who have been exposed but are not immune will all help protect others, especially those at risk of complications from disease. It will also help to ensure they don't miss learning opportunities, NECA school exams, arts and sports tournaments and school balls.

To protect your child and their school RPH recommends the following actions NOW

- Check the table below to see if you and your whanau are protected from measles
- If you are travelling to Auckland, especially South Auckland make sure you are vaccinated. This advice NOW includes babies aged 12-15 months who are recommended to have their first measles vaccine early before going to Auckland.
- If you are not vaccinated we advise you to check your medical centre's website or phone to see when they will be able to vaccinate you. The current measles outbreak in Auckland has led to an increased demand for the MMR vaccine.
- Talk to your doctor if you are travelling overseas; especially if you have babies aged 6-12 months.
- Provide a copy of your child's immunisation records to your school when asked. This information can be found:
 - a. Wellchild book
 - b. Asking your medical centre for a printout of your/ your child's immunisations
 - c. For children aged 0 to 14 years the parent can email RES-NIR@huttvalleydhb.org.nz and ask for a copy of your child's National Immunisation Register record. We will need the child's NHI number (if known), full name, date of birth, including mum's first and last name. This will ensure we get the correct record if there are children with similar names born on the same day.
- If your children are NOT protected from measles start thinking about alternative arrangements if there is confirmed measles at your school. Children who are not protected CANNOT attend school, sports or social events for up to 14 days after their last contact with the infectious person. This date will be extended if there are further cases in the school.

Measles will be very disruptive to the school community and we want parents/caregivers and students to be prepared and protected – either by having your immunisation records ready or immunising now if you are not protected.

You can contact Regional Public Health for further advice if required on 04 570 9002.

Thank you for your help in reducing the impact of measles in your community.

Check here to see if children are protected:

AGE	PROTECTED?
0-6 months of age	May have some protection from their mother from pregnancy and during breast feeding.
6 months to 12 months	Not protected - but can be vaccinated early if: <ul style="list-style-type: none"> • If travelling to a high risk country overseas. • Specific risks identified after discussion with their GP NOTE: The child will still need another 2 doses of MMR after 12 months of age.
12 to 15 months	Not protected. NEW ADVICE- If traveling to Auckland it is recommended to have the 15 month immunisations (includes the 1st measles vaccine) early from 12 months of age.
15 months until 4 th birthday	One documented dose of MMR = fully immunised for age.
4 years to 19 years	Two documented doses of MMR = fully immunised for age.

Check here to see if an adult is protected:

YEAR BORN?	PROTECTED?	RECOMMENDED ACTION?
Born before 1 January 1969 in NZ	Yes, assumed protected as measles was common in NZ at this time.	No action required.
Born between 1969 and 1980 (inclusive) in NZ	Probably not – received only 1 measles vaccine which may have been given at 10 months of age when less effective.	Get a second MMR vaccine.
Born between 1981 to 1990 (inclusive)	Protected if you had two measles vaccines.	Check if you have had two measles vaccines. If in doubt, get a second MMR vaccine.
Born between 1991-1996 in NZ	People born 1991 to 1996 may not have had a second measles vaccine. This was when the second measles vaccine (MMR) was changed from 11 years to 4 years. Children aged five to 10 years at this time were offered catch up MMR vaccine through schools, but uptake and coverage was not high.	Check if you have had two measles vaccines. If in doubt, get a second MMR vaccine.
Born in NZ from 1 January 1997	Protected if you have had two measles vaccines – usually given at 12-15 months and then at four years.	Check if you have had two measles vaccines. If in doubt, get a second MMR vaccine.