

Do you require further information?

For further information contact:

- Your local doctor or practice nurse
- Your local Public Health Nurse
- Communicable Diseases at Community and Public Health

IMPORTANT REMINDER

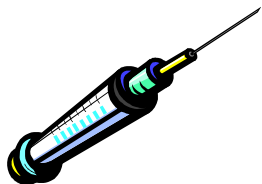
Vaccination is the only effective way to prevent measles.

The MMR (Measles Mumps Rubella) vaccination is part of the normal childhood immunisation schedule and is given free of charge at:

- 15 months
- 4 years

If your child has missed any of these vaccinations, they can get them at any age.

The combination of the two vaccinations are 99% effective in providing protection.



Other resources available on childhood infections:

- Rotavirus
- Impetigo
- Hand, foot and mouth disease
- Ringworm
- Conjunctivitis
- Slapped Cheek
- Threadworms

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Communicable Diseases
Community and Public Health

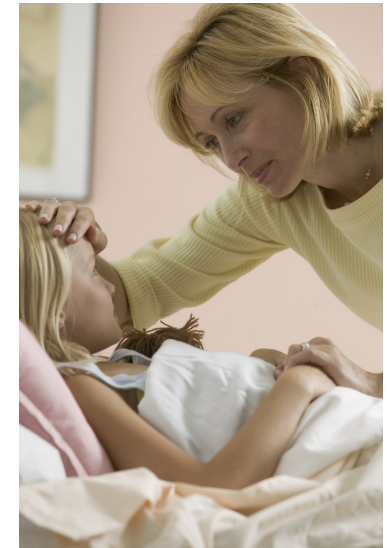
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Measles



Canterbury

District Health Board

Te Poari Hauora o Waitaha

What is Measles?

English Measles is a viral infection that can lead to ear infections, pneumonia and/or diarrhoea. Sometimes it can cause serious problems such as inflammation (swelling) of the brain. It can make both adults and children very sick and may result in a week or more off work or school.

What are the symptoms?

The disease begins with a fever, conjunctivitis (red eyes), runny nose and small irregular, bright red spots with a small white speck, on the inside of the mouth. The characteristic red rash appears on the body on the third to seventh day and lasts for up to one week.

Diagnosis may be confirmed by a nasal swab or blood test.

How is it caught/spread?

Measles is one of the most highly infectious diseases and is spread by airborne droplets from sneezing, coughing or from direct contact with nasal or throat secretions.

It usually takes 10-12 days after exposure for the onset of fever, and another 2-4 days after the fever for the rash to appear.

The onset of fever and rash may vary however from 7-21 days

A person is infectious from 24 hours before the start of symptoms to four days after the appearance of the rash.

How is it treated?

The only treatment is to relieve symptoms.

Can it be prevented?

Immunisation is the only effective means of preventing the disease and controlling it in the community. The measles vaccine is included in the MMR (**M**easles **M**umps **R**ubella) vaccination which is given at age 15 months and 4 years as part of the free childhood immunisation programme.

Immunisation is 99% effective after the second dose. Most adults are considered to be immune because of previous infections.

If a person gets vaccinated within 3 days of exposure, they may not develop measles.

What about staying away from school or preschool?

If measles is suspected, the child should be seen by a doctor and kept away from other children and should not go to school/preschool, for at least four days after the appearance of the rash.

Unimmunised children who have had contact with an infected child, and who do not have a history of measles confirmed by a blood test, may be excluded from school/pre-school for 14 days after exposure.

