

HEALTH SHARE: MEASLES OUTBREAK

Approved – 4th September 2019

Reviewed – When Required

What is Happening?

Measles is circulating in New Zealand, particularly in the Auckland region.

Up until the 4th September 2019 there have been **991** confirmed cases of measles notified across New Zealand. **821** of these confirmed cases are in the Auckland region.

At this stage the Ministry of Health does **NOT** recommend event organisers cancel events such as sports events.

However, we will liaise closely with our local DHB and public health units for the latest advice right up until, and beyond, the 3rd round of Dolphins and Winter League on the 21st September 2019 and the 2019 Counties Manukau Junior Championships on the 19th and 20th October 2019.

What is Measles

- Measles is a highly infectious viral disease affecting both children and adults.
- It can lead to serious implications, hospitalisation and in some cases can be fatal.
- It is spread from person to person through the air by breathing, sneezing or coughing.
- Being in the same room as someone with measles can lead to infection if you are not immunised.

Who is at Risk?

- Anyone born after 1969, who hasn't had two doses of measles vaccine OR has not had measles already. This includes babies, children and adults.
- Pregnant women, babies, children and people with a weakened immune system (e.g. people receiving chemotherapy or radiotherapy for cancer, people who take high-dose steroid medications) are at risk of measles even if they have had it in the past or have been immunised.

Prevention

The Ministry of Health (MOH) advise that immunisation remains the best protection against measles.

By being immunised, the MOH advise, we will not only protect ourselves and our families we will also stop the disease from spreading in our communities. Immunisation is free for children and adults born on or after 1969 in New Zealand.

If you're feeling sick, you should stay away from work, school or public places, to help prevent putting other people at risk.

If you or a family member suspect you have measles you should stay at home and call **Healthline** on **0800 611 116** or your doctor to alert them of your symptoms. If you have measles it is important to avoid spreading it to others in the waiting room.

When you immunise your child, you're also protecting the people around them, including those who can't be immunised themselves.

People aged 50 years and over are considered immune as measles used to be very common, so won't need the measles immunisations.

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Do you think you have Measles?

Have you been in contact with someone who has measles? Do you have a fever AND any of the following symptoms?



IF YOU THINK YOU HAVE BEEN EXPOSED TO MEASLES OR EXPERIENCE ANY OF THESE SYMPTOMS

CALL YOUR LOCAL HEALTHLINE OR GP IMMEDIATELY FOR ADVICE AND ACTION TO TAKE

DO NOT JUST TURN UP TO YOUR GP, AFTER HOURS OR EMERGENCY DEPT AS YOU COULD POTENTIALLY INFECT OTHERS



Counties Manukau DHB has now set up a Measles webpage (<https://countiesmanukau.health.nz/for-patients-and-visitors/measles/>), which will be regularly updated with the latest information on where and when people can get vaccinated.

Vaccinations are available to those under 50 years of age for free at any GP. In the list below are the current measles vaccination community clinics in Counties Manukau. This list will be updated when new clinics have been confirmed.

- Manukau SuperClinic, Manukau, Monday-Sunday, 9am-4pm
- Clendon Public Nursing Office, Clendon Shopping Centre, Manurewa, Monday-Friday, 9am-4pm

For this weekend only (7-8 September) the following drop-in clinics will be at:

- Te Puke o Tara Community Centre, 20 Newbury Street, Otara from 9am-4pm.
- Mangere Community Health Centre, Level 1, 10 Waddon Place, Mangere, 9am-4pm.