

**11 September 2019: Due to the increased demand for the MMR vaccine as a result of the current outbreak in Auckland, we advise anyone who is not protected to first check their medical centre’s website or phone to see when they will be able to vaccinate you.**

Adults who have already had one dose of MMR vaccine and want a second dose are being asked to wait a couple of weeks before calling their local medical practice to arrange the second vaccination. This will help our medical centres to focus their services on those who need it most.

Note: 95% of people who have had one dose of MMR will be protected from measles disease. The reason we give the second dose is to increase the proportion of people protected to approx 99%.

## ARE YOU PROTECTED FROM MEASLES?

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 - <b>when vaccine supplies are available.</b>
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 - <b>when vaccine supplies are available.</b>
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 - <b>when vaccine supplies are available.</b>

## ARE YOUR CHILDREN PROTECTED?

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