

Measles fact sheet - Niuean

Tupetupe ha ko e gagao misele?

Liga kua logona tuai e mutolu kua tupu fakahaga e gagao misele ke he lalolagi he magaaho nei, ti lauia ai foki a Niu Silani. Hagahaga kelea e gagao misele ke he tau fanau mo e tau tagata lalahi.

Fakamolemole uta e tau fanau haau ke huki fakagata ka tu e 15 e mahina mo e 4 e tau he moui. Nakai fai totogi ke he fale kiliniki he ekekafo.

Ka nakai la huki fakagata ia a koe poke tama haau ke he gagao misele, ti fakamolemole oatu ke he ekekafo haau.

Ko e tau fakamailoga he gagao misele ko e fiva, pela e ihu, koho, kula e tau mata, to mui mai ai e patapata kula he tino. Maeke ia koe ke fakapikitia e falu ka mole atu e lima e aho he moua ai, mo e fakaoti mai ka lima e aho he mole ai e patapata kula he tino.

Ka pipiki atu ke he taha kua moua he gagao misele? Poke kua kitia e tau fakamailoga? **Nofo he kaina ti hea e telefoni ke he ekekafo haau poke Healthline (0800 611 116)** ke kumi lagomatai. Fai tagata fakaliliu e Healthline – ti talaage he magaaho ka tali ai e telefoni haau, ka manako tagata fakaliliu a koe mo e vagahau motu ne manako a koe ke fakaaoga.

Worried about measles?

You may have heard there are measles outbreaks around the world at the moment, including here in New Zealand. Measles can be dangerous for children and adults.

Please get your children vaccinated at 15 months and 4 years old to prevent measles. It's free at the doctor.

If you or your child has not had a measles vaccine, please see your doctor.

The symptoms of measles are a fever, runny nose, cough, red eyes, then a rash. You can spread measles to others from five days before, until five days after, the rash appears.

Been close to someone with measles? Or showing symptoms? **Stay at home and call your doctor or Healthline (0800 611 116)** for advice. Healthline has interpreters – when your call is answered, say you'd like an interpreter and the language you'd like to speak in.

Measles Fact Sheet adapted from Auckland Regional Public Health Service Fact Sheet

If you or your child is unwell, call your family doctor or Healthline on 0800 611 116 for free advice from a registered nurse 24 hours a day 7 days a week.

For further information call Regional Public Health on (04) 570 9002 or visit www.rph.org.nz

Te Whatu Ora
Health New Zealand

Capital, Coast, Hutt Valley and Wairarapa