

Measles fact sheet – Cook Island Māori

Te manatā'ia āinei te maki mīsara?

Pēnei, kua rongo koe ē, kua tupu pakari te maki mīsara i teia taime tikāi takapini i teiane-ao, ē pērā katoa i roto nei ia Nū Tīrēni. Kā riro te maki mīsara ei maki kino pakari nō te au tamariki ē pērā katoa nō te aronga mama'ata.

Mē ka tika, pātia pāroru'ia tā'au au tamariki mē tae ki te 15 marama ē te 4 mata'iti, ei rāvenga i te ārai pāroru i te mīsara. Kāre e tūtaki'anga no te taote.

Mē kāre koe, mē kore ra, tā'au tamaiti i pātia pāroru'ia ake nō te maki mīsara, mē ka tika, ātoro'ia atu tō'ou taote.

Ko te au akairo ō te maki mīsara, e akaveravera, te ūpē ta'eta'e ō te putāngi'o, te mare, te ngā katu- mata muramura, āru mai, te pākiri tonatona. Ka rauka iā koe i te akapararauare i te mīsara ki tēta'i aronga kē atu ē rima rā i mua ake, ē tae ua atu ki te rima rā i muri mai, i te tupu'anga te pākiri tonatona.

Kua no'o waitata atu āinei koe ki tēta'i tangata e mīsara tōna? Mē kore ra, tei akaari ia mai te tūranga o tē reira? **E no'o ki te kāinga ma te kākiki atu koe i tō'ou taote, mē kore ra te Healthline (0800 611 116)** nō te akamārama tauturu. E aronga uri reo tō te Healthline - mē pa'u ia mai tā'au kākiki'anga, e akakite koe ē, ka anoano koe i tēta'i tangata uri reo, ē pērā katoa, i tā'au reo ka anoano koe i te tuatua atu anga.

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