

# PROTECT AGAINST MEASLES



## Are your children under 5 protected against measles?

- Measles can be dangerous, particularly for children under 5.
- It spreads very quickly and in serious cases can lead to pneumonia and brain infection.
- About 1 in 10 people with measles need to go to hospital.
- In a small number of cases, measles can be fatal.
- Your child needs two doses of the measles vaccine to be fully protected.
- The first dose is given at 12 months and the second dose at 15 months of age.
- If your child is more than 15 months old and hasn't had both doses of the measles vaccine, talk to your doctor or nurse.

## What is measles?

- Measles is a viral infection that is very contagious.
- It's spread through coughing and sneezing.
- Symptoms usually begin with high fever, cough, runny nose, and red watery eyes, then develop into a rash starting on the face and moving down the body.

## How effective is the measles vaccine?

- The measles vaccination, also called the MMR vaccine, protects children against three viral infections – measles, mumps and rubella.
- The vaccine is very effective. After one dose, about 95 percent of people are protected from measles and after two doses more than 99 percent of people are protected.

## How do I find out if my child has had their measles vaccination?

- Check if your child is up to date with their vaccinations by looking in their New Zealand Well Child Tamariki Ora (Plunket) book. Or check with your doctor.

## Are there any side effects from getting the measles vaccination?

- A small number of children may get a headache, fever, nausea (feeling sick) and feel unwell and tired.
- Some children might develop a rash.
- Most side effects only last a day or two.

## Can a child older than 5 get a measles vaccination if they haven't had it already?

- People older than 5, especially young people who moved to New Zealand when they were older, may not have had their measles vaccination yet.
- It's important to get your measles vaccination no matter what age you are, since it's so contagious and spreads very quickly.
- If you're not sure if you've had your measles vaccination ask your doctor.

## Getting your child's measles vaccine is easy and it's FREE

- Your child can get their FREE measles vaccination at your doctor.
- Many pharmacies also offer the measles vaccine too.



Talk to your doctor, Well Child Tamariki Ora Nurse or visit your local pharmacy for more information.

To find out more visit  
[www.health.govt.nz/children-measles](http://www.health.govt.nz/children-measles)  
or call Healthline on 0800 611 116