



SAINT KENTIGERN

5 July 2019

Dear Parents and Caregivers

As you may be aware Auckland and New Zealand is experiencing a measles outbreak at present. Please remain vigilant over the holidays.

The advice from the Auckland Regional Public Health Service is as follows:

Symptoms.

The Measles will start with a fever, cough, runny nose and conjunctivitis (inflammation in the eyes) which may last 2-4 days. It may be possible to see small white spots (Koplik spots) inside the mouth. A rash will occur 2-4 days after the first symptoms beginning on the head and gradually spreading down the body to the arms and legs. This will last up to a week.

How do you catch measles?

Measles is spread through infectious droplets. It is airborne and one person with measles can pass the disease onto 12-18 people who are at risk. As the number of vaccinated people decreases. The herd immunity drops, therefore leaving even those vaccinated at some risk.

If your child is not vaccinated due to previous reaction or by parental choice then they will be at high risk.

For all **parents** it is important you are aware of **your own** immunisation status also.

- Measles is highly contagious, but can be prevented through timely vaccination.
- The best protection against measles is vaccination.
- People aged 50 years and over are assumed to be immune to measles as they are likely to have contracted it as a child.
- If you are pregnant then it is very important you are aware of your immunity.
- The measles vaccine is free. General Practices may charge you an administration fee.
- If you are unsure whether or not you have received a vaccine previously and are under 50 years of age, it's fine to have an MMR vaccine again.

If you are under 29 years of age, then if vaccinated as a child you should have received 2 MMR vaccinations.

If you are 29 – 50 years of age then you may only have received 1 MMR. **It is best to receive a second vaccination** to ensure good immunity.

If unsure of your immunity please talk with your GP Practice for advice.

- If you think you have been exposed to measles and are concerned either speak with your doctor or call Healthline 0800 611 116.
- For more information, please visit the ARPHS website: <https://www.arphs.health.nz/>
- If you or your child contract measles please advise the College.

Kind regards

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