

PROTECT AGAINST MEASLES



Getting your measles vaccine is easy and it's FREE

To get your free measles vaccination, ask
your local pharmacy or talk to your doctor.

To find out more visit
health.govt.nz/MeaslesVaccine
or call Healthline on **0800 611 116**

**Born between
1989 and 2004?**
You may not be fully
protected against measles

HP8156 | MMR DL flyer | 25 May 2022

With our borders open again, there's a much higher risk of measles entering Aotearoa and spreading through our communities. If you're aged between 18 and 33, you may not have been fully immunised against measles as a child. This puts you at a much greater risk of catching or spreading measles.

Now's a great time to check if you're fully immunised against measles and, if you're not sure, get your FREE vaccine at your GP or ask your local pharmacy.

What's measles?

Measles is a serious virus that's highly contagious. It's spread through coughing and sneezing. Symptoms typically begin with high fever, cough, runny nose, and red watery eyes.

Measles can make you very sick. About 1 in 10 people with measles need to go to hospital. In a small number of cases, measles can be fatal.

In the most recent New Zealand outbreak in 2019, more than 2,000 people contracted measles and 700 had to go to hospital. Māori and Pacific people were particularly affected.

How effective is the measles vaccine?

The measles vaccination is also called the MMR vaccine. It protects you against three viral infections – measles, mumps and rubella.

The MMR 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 I've had my measles vaccination?

To find out if you're immunised, ask your family doctor, parent or caregiver if you had your measles vaccination as a child. If you still have your Plunket or Well Child book, your vaccination may be recorded there.

If you're not sure, play it safe and get immunised. It's fine to get another measles jab even if you had one as a child. The measles vaccination is FREE. You can get it at your GP and participating pharmacies.

Are there any side effects from getting the measles immunisation?

After your vaccination you may experience a headache, slight fever, nausea (feeling sick) and feeling generally unwell and tired. Most side effects shouldn't last more than a day or two.

The chance of having a serious side-effect from the MMR vaccine is extremely low.