



# Measles is spreading fast in Counties Manukau!

It's a highly infectious disease that can be life threatening. It spreads easily from person to person.

Get the **FREE** measles vaccine from your doctor to stop further spread in our community. Not sure if you've had the vaccine? It's safe to get it again from your doctor. It's **FREE** for people aged 1-50 years.

Measles has made many kids and young people very sick, so please make sure your tamariki and rangatahi have their measles vaccine. If you're unsure, please still go and get the vaccination.

**If you suspect you have measles, please stay home and call Healthline on 0800 611 116 or your doctor. They will advise you on what to do.**

# Top tips to stop the spread of measles

- Get the measles vaccine from your doctor if you haven't been immunised – it's FREE for people aged 1-50 years.
- If you're feeling sick (runny nose, cough, sore red eyes, high fever) or think you might have measles, please stay at home and call your doctor or Healthline on 0800 611 116. They will advise you on what to do.
- If you have measles, please stay away from work, school, and public places to stop further spread until you've been notified by your doctor that it's safe to go out.
- If you have kids that have measles, please keep them home from kindy/school, so other kids don't get it.

**Protect your whaanau, your school, your work, your community  
- get immunised!**



**For more information, please  
contact your doctor or call  
Healthline on 0800 611 116.**