

## Are you fully protected from Measles

New Zealand vaccination rates for Measles have dropped since the covid pandemic, putting our tamariki, whanau, and communities at risk. With international travel well and truly up and running the risk of Measles coming to our borders is high. Nelson is a great holiday destination and we want to protect our people.

Measles spreads very fast and symptoms are often similar to the flu.

- Measles is a virus that spreads easily and can cause serious problems for some people.
- Symptoms include fever, cold-like symptoms, sore, red eyes, and a blotchy rash that lasts for up to a week.
- Complications from measles are common. Unvaccinated children and people with weakened immune systems are at the highest risk of getting severely unwell.
- If unvaccinated pregnant women get infected with Measles it can increase the risk of miscarriage and premature labour.
- In the 2019 Measles outbreak more than 30 percent of those infected with Measles were admitted to hospital.

Vaccination is the best way to prevent getting Measles. It's free for people born after 1 January 1969 who are not fully vaccinated (to be fully vaccinated you should have 2 MMR vaccinations).

Your Doctor, Nurse, Pharmacist or Community Covid Vaccination Clinic can provide you with your free vaccination.

Help prevent outbreaks in our community by protecting yourself and the ones you love.

For more information visit your GP practice, Pharmacist or community health provider or visit [Measles | Ministry of Health NZ](#)