

## Are there any side effects?

After your measles immunisation you may get a headache, slight fever, nausea, and feel 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 measles vaccine is extremely low.

## Getting immunised is easy and it's FREE

Book a vaccination appointment with a participating pharmacy, your doctor, nurse, or healthcare provider.

Visit [www.healthpoint.co.nz](http://www.healthpoint.co.nz) for a list of vaccination sites in your area offering the MMR vaccination.

## Need more information?



Call Healthline on  
**0800 611 116** or visit  
[immunise.health.nz/measles](http://immunise.health.nz/measles)



# Measles

Born between 1989 and 2004?  
Make sure you're fully protected

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Te Whatu Ora**  
Health New Zealand



Measles is a serious disease and is highly infectious.

If you were born between **1989** and **2004** you may not have been fully immunised against measles as a child. This puts you at much greater risk of catching or spreading the virus.

Check if you're fully immunised against measles. If you aren't or you're not sure, get your **FREE** immunisation at your GP or participating pharmacy.

## **Why worry about measles?**

Measles is a virus that spreads more easily than almost any other disease and can make you very sick. About 1 in every 10 people with measles needs to go to hospital. In the most serious cases, measles can be fatal. If you are not protected against measles and get measles when you're pregnant, there is an increased risk of miscarriage and premature labour.

Symptoms may include a fever, cough, runny nose and sore, watery 'pink' eyes. Then you may get a rash, starting on the face and behind the ears before moving down the body.

## **Immunisation is your best protection**

Immunisation is the best protection against measles. If you're not sure that you're fully immunised, check with your doctor or your Plunket or Well Child book to make sure you've had both doses of the MMR vaccine.

If you haven't had both doses, or you're not sure, play it safe and get immunised. There's no risk with getting an extra dose.

## **How effective is the measles vaccine?**

The measles vaccine (also known as the MMR vaccine) protects you against three viral infections – measles, mumps and rubella.

The vaccine is very effective. After two doses 99% of people are protected from measles.