Measles
Fact sheet

Kei te āwangawanga koe ki te mītera?

Kua rongo pea koe he urutā mītera puta noa i te ao i tēnei wā, tae ake ki konei ki Aotearoa. Ka mōrearea pea te mītera ki te tamariki, ki te pakeke hoki.

Tēnā, tukuna te rongoā āraimate ki āu tamariki i te 15 marama me te 4 tau ngā pakeke hei ārai i te mītera. He koreutu ki te tākuta.

Mehemea kāore anō koe, tō tamaiti rānei, kia whiwhi i te rongoā āraimate mītera, haere ki tō tākuta.

Ko ngā tohumate o te mītera ko te kirikā, te ihu hupehupe, te maremare, ngā karu whero, kātahi ko te kōpukupuku. Ka taea e koe te urutā i te mītera ki tangata kē mai i te rima rā i mua, ki te rima rā whai muri, i te putanga mai o te kōpukupuku.

Kua tau tata koe ki tētahi tangata kei te pāngia e te mītera? Kei te whakaatu tohumate rānei? **Noho ki te kāinga me te waea atu ki tō tākuta ki Healthline (0800 611 116) rānei** mō ngā tohutohu. He kaiwhakamāori ā-waha ā Healthline – hei te wā ka whakautua tō waeatanga atu, kōrerotia tō pīrangi ki tētahi kaiwhakamāori ā-waha me te reo e pīrangi ana koe ki te kōrero.

Worried about measles?

You may have heard there are measles outbreaks around the world at the moment, including here in New Zealand. Measles can be dangerous for children and adults.

Please get your children vaccinated at 15 months and 4 years old to prevent measles. It's free at the doctor.

If you or your child has not had a measles vaccine, please see your doctor.

The symptoms of measles are a fever, runny nose, cough, red eyes, then a rash. You can spread measles to others from five days before, until five days after, the rash appears.

Been close to someone with measles? Or showing symptoms? **Stay at home and call your doctor or Healthline (0800 611 116)** for advice. Healthline has interpreters – when your call is answered, say you'd like an interpreter and the language you'd like to speak in.

Thank you to Auckland Regional Public Health Service for sharing translated measles material