

# Measles Fact sheet



## Hoha'a fekau'aki moe mahaki misele?

Mahalo pe kuo ke fanongo he mafola ko 'eni 'a e mahaki koe misele 'i Māmani 'o kau ai mo Nu'usila ni. 'Oku malava ke fakatu'utamaki 'a e misele ki he long'a'i fanau pea moe kakai lalahi foki.

Kataki 'o 'ave ho'o fanau ke fai honau huhu malu'i (vaccinate) 'i he'enau māhina 15 pea pehe foki mo 'enau a'u 'o ta'u 4. 'Oku ta'etotongi 'a e huhu ko 'eni mei he toketā. Kataki 'o sio ki ho'o toketā, kapau 'oku te'eki ai ke huhu malu'i koe pē ko ho'o tama.

Koe ngaahi faka'ilonga 'o e mahaki misele koe mofi, fofonu, tale, kula e kano'i mata pea toki mofele mai e kula he kili. 'E lava keke fakamafola e mahaki misele ki ha taha kehe, he 'aho 'e 5 kimu'a pea toki 'asi e kula ho kili 'o 'a'u ki he 'aho 'e 5 hili 'ene 'asi.

Ne ke ofi nai ki ha taha ne puke he misele? Pē 'oku 'asi e ngaahi faka'ilonga 'o e mahaki misele 'ia koe? Kapau koia. **Nofo ma'u 'i 'api pea ke fetu'utaki ki ho'o toketā pe koe Healthline (0800 611 116)** ke 'oatu ha fale'i. 'Oku 'i ai 'a e kau fakatonulea 'i he Healthline – talaange ki he tokotaha tali telefoni 'oku ke fiema'u tokotaha fakatonulea faka-Tonga keke lea ki ai. (Tongan interpreter)

## 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.

Visit [www.ourhealthhb.nz](http://www.ourhealthhb.nz) | Hawke's Bay District Health Board

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