



[Today's date]

To whom it may concern

Re: Contact of a measles case

We are writing to you as you attended [Name of location] on [Date of exposure, long format].

A person who was there has since tested positive for measles. They were infectious while there.

People most at risk of contracting the disease are those who have not had the Measles, Mumps, Rubella (MMR) vaccine, or who have just had one dose of the vaccine (**see table enclosed for further information**).

What is a measles contact?

“Contacts” are people who shared the same air as someone while they were infectious with measles (for example, by being in the same room as someone with measles). If the infection is transferred and takes hold in contacts, these people go on to develop measles symptoms in 7 to 14 days after sharing the same air.

Who is NOT thought to be at risk?

- **Anyone born before 1969 is likely to be immune to the disease without having had the vaccine.**
- **Anyone who has had two doses of a measles vaccine (MMR) or those who have had measles in the past are immune and not at risk.**

Who may be at risk?

The incubation period for measles is approximately two weeks and thus **we ask you to look out for measles symptoms until [Date above plus 14 days]. If you are not immune to measles (see chart), please stay at home in isolation either until you are considered immune, or until [Date above plus 15 days]. This helps to reduce the risk of spreading measles to others if you go on to get measles, as measles can be infectious for five days before you see a rash.**

The first symptoms of measles are a fever, and one or more of a runny nose, cough and sore red eyes. After a few days a red blotchy rash comes on and lasts up to one week. The rash usually starts on the face and spreads to the rest of the body. Measles can be very serious.

If you or your child becomes unwell please phone your GP or call Health line on 0800 611 116 for advice or seek medical attention depending on severity of illness. It is important to call first because measles is highly infectious, and people with measles can infect others in the waiting room.

We also ask if people who attended become ill to inform us at Public Health (07 8382569 or 0800 800 977) so we can also work with the GP to confirm your possible diagnosis and prevent further spread.

Immunisation against measles is the most effective way to prevent infection. However, vaccine access in our region is currently restricted to maintaining the childhood immunisation schedule. The advice¹ on the next page has been amended accordingly.

¹ This advice is subject to revision as vaccine supply changes, we believe it is correct as of the date of this letter.

**Table: How do I know whether I or my child is immune?**

Type of contact	Risk and action
Children aged under 12-15 months who have not yet had an MMR vaccine	Are not immune and are at risk of becoming sick with measles. Need to remain in home isolation.
Pregnant women who are not sure of their immunity	Are advised to phone your GP.
People who have not yet had any doses of MMR vaccine (normally MMR is given at 12-15 months and again at 4 years)	Are not immune and are at risk of becoming sick with measles. Need to remain in home isolation.
People who have only had one dose of MMR	They may already be immune but require a second dose, at least four weeks after the first dose, for full protection. Do not require quarantine but should arrange to have second MMR and be isolated immediately should any symptoms develop, even if they seem very minor.
People who have had two doses documented of measles mumps rubella (MMR) vaccine	Are immune No home isolation or further action is required
Adults born before 1969	Are considered to be immune No home isolation or further action is required
Adults born from 1969–1991	95% of NZ born are thought to be immune. If you do not have documented evidence of two doses of MMR, catch up is recommended once vaccine supply is sufficient (not currently). Do not require quarantine but should be isolated immediately any symptoms develop, even if they seem very minor.

If you require further information or clarification, please do not hesitate to contact Public Health (**07 8382569**) or visit **Waikato DHB website**: <https://www.waikatodhb.health.nz/your-health/measles-in-waikato/> or <https://www.waikatodhb.health.nz/your-health/public-health-services-and-alerts/notifiable-and-communicable-diseases/>.

Kind regards

Dr Richard Hoskins
Medical Officer of Health