

Canterbury Measles Outbreak – Information for workplaces

Measles is spreading in Canterbury. It is a highly infectious virus that can be life threatening. Complications occur in about one in three people, and for them measles can be serious, even fatal.

What are the symptoms?

Measles symptoms are a:

1. cough or runny nose or conjunctivitis **AND**
2. fever above 38.5°C **AND**
3. a rash

If you're sick stay home and telephone your GP team for advice any time of day or night. Please do not go to your GP in person as you may spread the illness to others. Anyone with measles needs to be isolated from the time they become ill until 5 days after the rash has appeared.

Who is protected from measles?

People who have had two MMR vaccinations (typically given at 15 months and 4 years) are immune from measles. People born before 1969 will have been exposed to the measles virus and will have acquired immunity.

Those born between 1969 and 1990 are considered to have a good level of protection. This group were offered one measles vaccine and evidence suggests that one dose of MMR protects 95% of people from developing measles.

Who are the priorities for vaccination?

The most effective way to stop the spread of measles is to vaccinate those aged 12 months to 28 years old who have never received an MMR vaccine.

To prevent the transmission of measles, and to protect those most at risk of developing serious complications from measles, from 28 March 2019 a wider group of people became eligible to receive a second MMR vaccination:

- all those aged 12 months – 28 years
- caregivers of infants aged up to 12 months
- those aged between 29 and 50 who work with children

What happens when there is a case of measles in a workplace?

Most people in Canterbury have good immunity against measles.

Health authorities will be in contact with any workplace where there has been a confirmed case and advise accordingly. If there is a confirmed case, the person should stay at home during their infectious period.

If there is a confirmed case and a risk of transmission, health authorities will advise contacts of the case who are susceptible – including those who have never been vaccinated and those who have only had one vaccine – to stay away until they are given the all clear.

As a general rule, a contact is considered someone who has been in the same room as a confirmed measles case (while the case was infectious) up to one hour after the case was there.

More information about measles is available at <http://www.immune.org.nz>