

MEASLES OUTBREAK

**There is currently a significant measles outbreak across New Zealand.
Please read the following information regarding what to do in the greater Wellington area.**

Measles in a notifiable disease, even if only suspected - this is a legal requirement.

You should **NOT** enter the Nationals Venue if you suspect you have measles. If you have been in the venue before you find you have measles you must follow the processes detailed below, but **ALSO** notify Tournament Organisers and include your address and contact details. If you have entered the event venue you also need to detail times and days you did this. Please also note that for a period of at least 14 days after Nationals you suspect you have or contract measles once you depart the event, you must still notify IHNZ at gm@inlinehockeynz.org.nz

What to do if you think you have measles:

If you think you have measles, it's important to see a doctor.

Ring the doctor before visiting to let them know you think you have measles. When you get to the health centre or hospital, stay in the car and call (or if you have someone with you send them in) to say you've arrived. This will help avoid spreading the virus in the waiting room.

You can also call Healthline on 0800 611 116 for free health advice.

Palmerston North Hospital Emergency Department Instructions:

- If you have to visit the Emergency Department, please ring the triage nurse first on (06) 350 8755 and inform them of your symptoms **before** you enter the building.
- Alternatively, you and your support people can put on a mask at the door and report immediately to the reception.

What are the symptoms of measles?

- The illness begins with fever, cough, runny nose and conjunctivitis (inflammation in the eyes), which lasts for 2–4 days. It may be possible to see small white spots inside the mouth.
- A rash appears 2–4 days after the first symptoms, beginning on the head and gradually spreading down the body to the arms and legs.
- The rash lasts for up to one week.

How is measles spread?

- Measles is a very infectious disease so anyone who is not immune to measles is at risk if they come into contact with the disease.
- It spreads from person to person through the air from breathing, coughing and sneezing, and contact with those secretions.
- The disease is contagious from just before symptoms begin until about five days after onset of the rash. The illness usually starts between 10 and 14 days after contact with the measles virus.

How do you prevent measles?

- Immunisation is the best way to prevent measles. In the event of a measles outbreak, unimmunised children and adults born since 1968 who do not have evidence of immunity against measles and who have contact with a measles case are advised **NOT** to attend any public places for 14 days after their last contact with the infected person

Levin Doctors:

Cambridge Street Medical Centre - <https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/cambridge-street-medical-centre/>

Horowhenua Community Practice - <https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/horowhenua-community-practice/>

Masonic Medical Centre - <https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/masonic-medical-centre/>

Queen St Surgery - <https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/queen-st-surgery/>

Tararua Medical Centre <https://www.healthpoint.co.nz/gps-accident-urgent-medical-care/gp/tararua-medical-centre/>