



Mission Bay Doctors: Advice on Measles

IF YOU THINK YOU HAVE MEASLES OR HAVE BEEN IN CONTACT WITH A CONFIRMED CASE OF MEASLES, PLEASE CALL US FIRST BEFORE COMING IN.

WHEN YOU ARRIVE FOR A CONSULTATION, PLEASE STAY IN YOUR CAR AND COMMUNICATE WITH US BY PHONE UNTIL A DOCTOR OR NURSE CALLS YOU IN. IF YOU ARE COUGHING WE WILL ASK YOU TO WEAR A MASK WHEN YOU COME INSIDE.

PLEASE DO NOT WALK IN FOR MEASLES IMMUNISATION (MMR) WITHOUT AN APPOINTMENT. YOU MAY BE ASKED TO MAKE AN APPOINTMENT AT A LATER DATE AS WE NEED TO PRIORITISE OUR VULNERABLE CHILDREN. WE ARE EXPERIENCING HIGH DEMAND AND THE NATIONAL STOCKS OF VACCINE ARE RUNNING LOW – WE ARE RUNNING OUT FREQUENTLY.

There are more than 800 cases in Auckland as of 3 September 2019. There are about an extra 20 cases a day. Most cases are in [South Auckland](#), though the number of cases in the Auckland DHB area is growing. Find detailed information [here](#).

I think I need an MMR vaccine. What should I do?

First, check you are enrolled with Mission Bay Doctors. **We are able to immunise only our enrolled patients.** We are aware the media are encouraging people to go to any GP for free jabs, but we do not have the capacity to immunise non-enrolled patients. If you are not enrolled with us, please go to your own registered doctor or go to one of the following drop in clinics:

- Monday to Friday 9am to 4pm: Clendon Public Nursing Office, Clendon Shopping Centre



MISSION BAY DOCTORS

Mission Bay Doctors
10 Marau Crescent
Mission Bay Auckland
Box 55009, Eastridge 1146
Ph: 09 521 1120 Fax: 09 521 1132

- Saturday and Sunday 9am to 4pm: Manukau Super Clinic, 901 Great South Road

Second, check your records (your Plunket or Well Child book or other health record) to see if you have had two doses of MMR. If you have, you have lifelong immunity and do not need any further doses.

If you have not had two doses of MMR, or are unsure, please see below.

Who should get an MMR vaccine now?

The Ministry of Health have advised us to [give MMR vaccines to the following](#):

- Children on the current immunisation schedule – we have **brought forward the 15 month immunisation to 12 months**. This is given again at 4 years.
- Children aged 6-12 months if in contact with a known case.
- Children aged 6-12 months they are travelling overseas soon to countries [with an active measles outbreak](#).
- Youths and adults under 50 years who have had **no doses** of measles vaccine.

If you or your family member are in one of these categories, please make an appointment for vaccination. Please note you may have to wait for an appointment, as we have to prioritise our vulnerable children.

People aged over 50 years old (born before 1 January 1969) do not need an MMR booster. They are considered immune, as they have most likely developed natural immunity during their childhoods, when the vaccine was not yet developed.

People aged under 50 (born after 1 January 1969) may need vaccination

People aged under 50 who have had **never had a measles vaccine are eligible for vaccination** (see above). Please contact us to make an appointment.

People aged under 50 years who have **had one dose of measles vaccine are ok for now**. One dose of the vaccine protects 95 of 100 people, ie. 95%. A second dose gives protection to another 3-4 people out of 100. If you are in this category, we are



happy to give you a booster dose when the current epidemic has passed. Please contact us at a later time to book an appointment.

I am an adult under 50 years old and I really can't remember if I had my jabs, and my mum/whanau can't remember either. What do I do?

Ordinarily, we would suggest you contact us to check our records for any previous vaccines. However, at present we are swamped with requests and it may take us a long time to get back to you. Please consider the following options instead:

OPTION 1: Have a blood test to check your immunity. You may need to pay for this. We are only able to order a funded blood test to check immunity if you have been closely exposed to a notified case of measles during their infectious period (5 days before the rash came out, and 5 days afterwards) and the result will impact on school or work attendance. If you haven't had a close exposure to a case during their infectious period, we are not allowed to order a funded blood test for you. However you can pay at [LabTests](#) to have a measles immunity blood test (about \$50-55). **You don't need a lab form from the doctor**, you can just go to LabTests and request it and pay for it. **Please ask for a copy of the results to be sent to us.**

OPTION 2: Book in for a vaccine. It's best to get a vaccine if you can't be sure you've had any. Note that you may need to wait 1-2 weeks for an appointment as we have to prioritise our vulnerable children first.

Many people aged under 50 years are fully immunised, depending on which country they grew up in. An earlier vaccine was available from 1963. It was improved and the current measles vaccine was developed in 1968. Measles vaccines were introduced in [NZ](#) in 1969, the [UK](#) in 1968, South Africa in 1975, [USA](#) in 1968, [Canada](#) in 1970, [Australia](#) in 1969, Ireland in 1985, China in 1963, Korea in 1965, Hong Kong in 1967, Singapore 1976, Fiji 1982, and India 1985.

FAQs:



Why is there an outbreak?

There are a few reasons:

- Measles is a highly infectious disease, one of the most infectious known. It is estimated that each person with measles will infect 15 others who are not immunised.
- If someone gets measles, they are infectious 5 days before they even realise it is measles. The first 5 days it looks like an ordinary bad case of flu. The rash only comes out after day 5. So they can infect many people during this period
- Those they infect only get sick 10 to 14 days later, so there is a lag where people can infect others before they develop symptoms.
- A country needs 95% coverage to stop measles from spreading. This is called "herd immunity". In some areas of New Zealand only 60% of people are immunised.
- There are several reasons why the immunisation rate is so low in some areas such as access issues (time off work, transport), poverty, inequities, health literacy, and fear of side effects of vaccines.
- There is a prominent internet presence of those who believe vaccines are dangerous, fuelled by information that is just plain wrong.
- Immunisation rates have dropped in many other countries, primarily because of the anti-vaccine movement, and visitors from overseas can arrive by plane carrying the virus.
- Those under 40 or 50 years old mostly grew up in a world where measles was very rare (post vaccinations) and have had no experience of the devastating effects of infection.

My baby is less than a year old. What can I do to protect her/him?

Keep your baby away from un-vaccinated people and those who are coughing or sniffly as much as possible. Immunise her/him promptly at 12 months. Consider keeping baby home from daycare if possible. If your baby has been in contact with a known case of measles during their infectious period (5 days before and 5 days after came out) please call us for advice.



Can my baby have their MMR at 6 months?

The Ministry of Health is **not recommending routine measles vaccines at 6-12 months** unless your baby has been exposed to an active case of measles during the infectious period (5 days before the rash came out and 5 days afterwards) or will be traveling to a country with an [active outbreak](#). This is because the MMR is only about 75% effective at 6 months of age, and we will need to give a total of three jabs if the first one is given at less than 12 months.

I can't get an appointment with your clinic for a measles vaccine (MMR) this week. What should I do?

We are trying our best but are absolutely swamped, and have to continue with our regular work whilst we are coping with this outbreak. We are very sorry that we cannot immunise everyone immediately. While you are waiting for your jabs, please stay away from coughing/sniffly people, stay away from big gatherings e.g. sports events/shopping centres etc. You may consider working from home or keeping your baby at home. We are happy to give any unimmunised child a sick note to stay at home from school until 14 days after they have had their jabs. Please phone to request this note and we will email it to you.

Is the measles vaccine (MMR) free?

Measles vaccine (MMR) immunisations are funded for NZ residents and those eligible for funded medical treatments. Unfortunately it is not free for those who do not qualify ([see our website for fees](#)).

How long does measles immunity (natural or from a vaccine) last?

Immunity is lifelong if it is naturally acquired in those older than 50, or by immunization in those younger than 50.



My child/I am sniffly and have a cough and want to be checked in case this is early measles

Please call us before you arrive if you think you have any [signs or symptoms of measles](#) and let us know. When you arrive, please call us from your car and let us know you are here. A doctor or nurse will come to fetch you from your car, or see you in your car. We need to keep our waiting room and consulting rooms safe for small babies and others at risk.

My child/I have a rash and are very worried this is measles

Please call us before you arrive if you think you have any [signs or symptoms of measles](#) and let us know. When you arrive, please call us from your car and let us know you are here. A doctor or nurse will come to fetch you from your car, or see you in your car. We need to keep our waiting room and consulting rooms safe for small babies and others at risk.

I/my child have been told I have been in contact with an active case of measles during their infectious period (5 days before the rash came out, and 5 days afterwards)

- If you are NOT immunized: You need to enter into quarantine from 7 days after the first day you were in contact with the case, and stay in quarantine for 14 days after your last contact with the infected person ie a full two weeks. [Here](#) is the quarantine calculator, and here is more [information](#) for contacts. We are happy to give you a doctors note for work/school, but please do not come into the practice during this period. We will email you the note. After your quarantine period is over and you remain well, please book in for an immunisation.
- IF YOUR CHILD THAT HAS HAD A MEASLES CONTACT DURING THE INFECTIOUS PERIOD IS LESS THAN ONE YEAR OLD OR IS [IMMUNOCOMPROMISED](#) (have a weak immune system eg have cancer, on immunosuppressant treatment such as chemotherapy, oral steroids etc) PLEASE CALL US FOR ADVICE.



- If you ARE immunised: you are safe, you cannot spread the illness to others, and do not need to enter into quarantine.

/my child have been told I have been in contact with an active case of measles, but this was NOT during their infectious period (5 days before the rash came out, and 5 days afterwards)

You will not be infected by that case, but you are still generally vulnerable. Please call us to book an appointment for the immunisation.

My doctor has said I may have measles. What do I do?

Here is the [information](#) about quarantine and keeping others safe. If you have a health concern whilst you are unwell, please call the practice before arriving. Unfortunately there is no specific treatment for measles. Here is some more [information](#) about this illness. Things that can help are bed rest in a quiet dark room, paracetamol or ibuprofen for pain/fever, drinking lots of fluids, wiping the eyes gently with wet cotton wool or a soft facecloth. If you have concerns about these symptoms please call us, do not break quarantine:

- trouble breathing
- stiff neck
- feeling drowsy or you cannot wake them up
- coughing up green or yellow thick mucous
- back pain
- sore ears
- having a fit (seizure)
- not passing urine for 10 hours.

How dangerous is measles? Has anyone died in Auckland?

Thankfully nobody has died yet during this outbreak. Measles has a mortality rate of 1-2/1000 people infected. 1/10 people infected will need hospital admission for complications such as pneumonia and encephalitis. Babies and small children with



lowered immunity have a 50% mortality from measles. In the 1991 outbreak of measles in NZ, there were around 7000 cases of measles and 7 deaths.

I have been in contact with a family member of a confirmed case of measles. I am not immunized against measles. What do I do?

- If the family member has followed full quarantine instructions, you do not have to go into quarantine, but you are still vulnerable to other cases in the community who might be infectious.. Please book in to have your measles jabs with us if you are not immunised against measles. (enrolled patients only)
- If they have not followed quarantine instructions, and you have been exposed to them during the quarantine period, need to go into quarantine from 7 days after you first saw them and 7 days after ie a full two weeks. After this period, if you have not contracted measles, you can book in for an immunisation. Please do not come into the practice for an immunization during your quarantine period. If you become unwell in your quarantine period, please phone us and we will advise what to do. Please do not come into the practice without a doctor or nurse fetching you from your car.

I have heard that the measles vaccine (MMR) causes autism

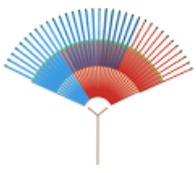
There was a [paper](#) published in claiming the MMR caused autism, which has since been found to be untrue and withdrawn, and the author Dr. Wakefield was found guilty of ethical, medical, and scientific misconduct and his medical license was cancelled. Additional studies showed that the data presented were fraudulent. There is [no evidence that this vaccine causes autism](#)

I have heard that the measles vaccine (MMR) contains mercury

The MMR does [not contain mercury](#).

I would like more information about vaccines

[Immunisation Advisory Centre of New Zealand](#)



I am pregnant/trying to get pregnant. Can I have the measles vaccine (MMR)?

Unfortunately it is not safe to have this vaccine whilst you are pregnant, or if you are not using contraception and may be pregnant. This is because the vaccine is a weakened live virus and will pass to the fetus and may cause harm. We recommend that you use contraception for a month and have a negative pregnancy test before we give you this vaccine. In addition, we recommend that you do not fall pregnant for one month after this vaccine is given.

I am on immunosuppressant medication. Can I have the vaccine?

No this virus is a weakened live virus and may harm you if you are on any of these [medications](#).

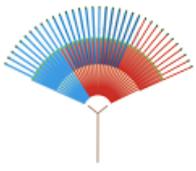
Links to full resources from [ARPHS](#)

- [Fact sheet – Information for people with suspected measles](#)
- [Fact sheet – Information for close contacts exposed to measles](#)
- [Immunisation Advisory Centre](#) phone [0800466863](#)
- [Pack – Whānau Pack for GPs and EDs](#)
- [Calculate your quarantine period](#)
- [Translated key messaging](#)
- [Poster – Stop! Do you think you have measles?](#)
- [Latest measles advisories](#)
- [Information Sheet for MMR Vaccine](#)
- [Data Sheet for MMR Vaccine](#)

Doctors Resources

- [Guide – Managing measles in primary care](#)
- [Clinical pathway](#)
- [Form – Notifications](#)

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