

As you are aware, there is a measles outbreak in several regions. As people move around New Zealand we all need to be aware of symptoms and ensure prevention;

- Measles is highly contagious – and easily preventable.
- It affects both children and adults.
- Two doses of the measles vaccine provides the most effective protection for yourself, your family and the wider community. After one dose of the MMR vaccine, about 95% of people are protected from measles. After two doses, more than 99% people are protected.
- In New Zealand, if you were born in 1969 or later, you can get the measles vaccine for free.
- Vaccination is particularly important if you are planning to travel anywhere overseas – to protect yourself and to help prevent outbreaks in New Zealand.
- If you think that you or a family member has symptoms of measles, it is important you ring your general practice or call Healthline on 0800 611116, for advice as soon as possible.

### **Stopping the spread**

Measles is a highly infectious airborne virus which affects both children and adults. If you think you have measles, it's important to call before visiting your doctor to avoid you spreading the virus in the waiting room. If you're feeling sick, you should stay away from work, school or public places, to help prevent putting other people at risk.

This also applies if you or a family member aren't fully immunised and may have been in contact with someone with measles.

By isolating yourself you will help protect vulnerable people including babies, pregnant women, cancer patients and others who are unable to be immunised and for whom the impact of the disease can be devastating.

You are contagious 5 days before to 5 days after rash onset, counting the day of rash onset as day 1.

- For information on symptoms and prevention-immunisation, go to the Ministry of Health website <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles> .
- For information about measles and advice, go to the Ministry of Health website <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/measles/measles-advice-2019> .

Please ensure this information is provided to your team management, players, teachers and provide parents.

### Health and Safety Plan

Pre-Tournament:

- Offer Schools an extended date to decide whether they would still like to attend the tournament at no penalty.
- Provide schools with information from trusted sources; symptoms, prevention, general information.
- Provide schools with medical contact details for the tournament city; hospital, doctors, pharmacies, medical centre, Healthline
- Advise local medical contacts that an event is taking place and provide dates, venue and estimated number of personnel coming into the region.
- Advise host and venue of the updated details within the health and safety plan

During Tournament:

- Display medical contact details for the tournament city; hospital, doctors, pharmacies, medical centre, Healthline
- Display measles information
- Reiterate that if anyone has possible symptoms to say away and seek medical advise