



DATE:

Dear Resident

The Department of Public Health has been notified of a measles outbreak in [insert facility/hotel name here].

Measles is a serious viral infection that causes **fever, cough, runny nose and red eyes followed a few days later by a rash that starts on the head and spreads downwards over the face, neck and body**. More information on measles is available in Appendix A.



Eyes of a child with measles



Face of a child with measles



Measles rash day 3

Measles is highly contagious. If you have any of the symptoms described above it is very important that you **stay in your room and avoid contact with other people** in order to prevent transmission.

Vaccination is the best way to prevent measles. If you have been exposed to measles and have not previously been vaccinated, **vaccination with MMR (measles, mumps and rubella) vaccine within 72 hours of your exposure may provide protection**.

The HSE (the Irish health service) will provide MMR vaccination for you and/or your children free of charge.

For more information on what to do if you have been exposed to measles please read Appendix B.

## Appendix A

### What is measles?

Measles is a serious viral infection that causes **fever, cough, runny nose and red eyes followed a few days later by a rash that starts on the head and spreads downwards over the face, neck and body**. Occasionally measles can have serious complications including chest infections, seizures, ear infections, inflammation of the brain and brain damage. Measles is most dangerous for children under one year of age, pregnant women, and people with poor immunity.

### How is measles spread?

Measles is **highly infectious** and spreads through the air. It can be spread by coughing and sneezing or close personal contact. A person infected with measles is most infectious from 4 days before the rash appears to 4 days afterwards. The incubation period is usually around 10-12 days but may be up to 21 days.

### What can you do to protect yourself and/or your children from measles?

#### Vaccination

**Measles, mumps and rubella (MMR) vaccine provides protection against measles.** All children in Ireland are recommended to have 2 doses of MMR, the first at 12 months and the second at 4-5 years. MMR vaccine given within 72 hours of exposure to measles may provide protection.

## Appendix B

### If you and/or your children have been in contact with a case of measles:

#### Children

- If your child is aged over 12 months **has not yet received MMR vaccination**, he/she should have one dose of MMR vaccine now and a second dose in a month's time.
- If your child is aged over 12 months and **has had one MMR vaccination already** he/she should receive their second MMR as soon as possible. A period of at least 1 month should elapse between the first and second dose of MMR.
- If your child is aged 6 to 12 months he/she should receive one dose of MMR vaccine now. Your child will still need a second dose at  $\geq 12$  months (a period of one month should elapse between the first and second doses) and a third dose at 4 to 5 years.
- If your child **has had two MMR vaccinations already**, no further action is required.

#### Adults

- If you **have never received MMR vaccination**, you should receive one dose of MMR vaccine now and a second dose in a month's time.
- If you have already **had one dose of MMR vaccine**, you should receive a second dose as soon as possible. A period of one month should elapse between the first and second dose
- If you have had **two MMR vaccinations already**, no further action is required.

Measles Resident Letter – ENGLISH / SOMALI

Translated by HSE Health Protection Acute Operations Response Programme: December 2022  
PHResourceREF019\_MeaslesResidentLetter\_V02\_201222\_EN\_SOMALI

The HSE (the Irish health service) will provide MMR vaccination for you and/or your children free of charge.

### **Immunoglobulin**

Children younger than 6 months, pregnant women who are not immune to measles and people with weakened immunity may require immunoglobulin to protect them from measles. This is usually administered in a hospital day ward. If you require immunoglobulin a referral to the appropriate hospital setting will be made on your behalf.

### **Preventing transmission of measles**

If you or your child have been diagnosed with or have symptoms suggestive of measles you should **stay in your room until 4 days after the onset of the rash** in order to avoid transmitting it to others.

Unvaccinated children who have been exposed to measles should stay at home/in their rooms (not mixing with others in childcare, school or social settings) for the duration of the incubation period, which may be up to 21 days. This is to ensure that they do not transmit infection to other children who may be too young for vaccination or be at increased risk due to other conditions.

Unvaccinated adults who have been exposed to measles should avoid unnecessary contact with people. If you work with people who are at high risk from measles infection e.g. if you are a healthcare worker or work in childcare or in a school, you may be advised to stay at home from work for the duration of the incubation period, which may be up to 21 days.



TAARIIKHDA:

Degane Gacaliye

Waaxda Caafimaadka Dadweynaha ayaa lagu wargeliyay jadeeco ka dillaacday [halkan geli xarunta/magaca hoteelka].

Jadeecada waa caabuuq halis ah oo fayras keena kaas oo keena qandho, qufac, diif iyo indho guduudan oo ay raacdo dhawr maalmood ka dib finan ka soo baxa madaxa oo hoos ugu faafa wejiga, qoorta iyo jidhka. Macluumaad dheeraad ah oo ku saabsan jadeecada ayaa laga heli karaa Lifaaqa A.



Indhaha ilmo jadeeco qaba



Wejiga ilmaha jadeecada qaba



Jadeecada finan maalinta 3

Jadeecadu aad bay u faaftaa. Haddii aad leedahay mid ka mid ah calamadaha kor lagu soo sheegay aad bay muhiim u tahay inaad qolkaaga jooqto oo aad iska ilaaliso inaad la xidhiidho dadka kale si aad uga hortagto gudbinta.

Tallaalku waa habka ugu wanaagsan ee looga hortagi karo jadeecada. Haddii aad jadeeco kugu dhacday oo aanad hore u tallaalin, tallaalka MMR (jadeeco, qaamo-qashiir iyo jadeeco) 72 saacadood gudahooda ayaa ku ilaalin kara.

HSE (adeegga caafimaadka Irishka) ayaa ku siin doona tallaalka MMR adiga iyo carruurtaada oo bilaash ah.

Macluumaad dheeraad ah oo ku saabsan waxaad samaynayso haddii aad jadeeco kugu dhacday fadlan akhri Lifaaqa B.

Lifaaqa A

### **Waa maxay jadeecada?**

Jadeecada waa caabuq halis ah oo fayras keena kaas oo keena **qandho, qufac, diif iyo indho guduudan oo ay raacdo dhawr maalmood ka dib finan ka soo baxa madaxa oo hoos ugu faafa wejiga, qoorta iyo jidhka**. Mararka qaarkood jadeecada waxay yeelan kartaa dhibaatooyin halis ah oo ay ka mid yihiin caabuqa xabadka, suuxdin, caabuqa dhegta, bararka maskaxda iyo dhaawaca maskaxda. Jadeecada ayaa ugu khatarsan carruurta da'doodu ka yar tahay hal sano, haweenka uurka leh, iyo dadka difaacooda liita.

### **Sidee jadeecada u faaftaa?**

Jadeecadu aad bay u faafisaa waxayna ku faaftaa hawada. Waxa lagu kala qaadi karaa qufac iyo hindhiso ama xidhiidh shaqsiyeed oo dhow. Qofka jadeecada ku dhacay wuxuu ugu badan yahay 4 maalmood ka hor inta uusan finanku soo bixin ilaa 4 maalmood ka dib. Muddada soo kabashada caadiyan waa 10-12 maalmood laakiin waxay noqon kartaa ilaa 21 maalmood.

### **Maxaad samayn kartaa si aad naftaada iyo/ama carruurtaada uga ilaaliso jadeecada?**

#### **Tallaalka**

#### **Tallaalka jadeecada, qaamo-qashiirta iyo jadeecada (MMR) waxa uu ka ilaaliyaa jadeecada.**

Dhammaan carruurta ku nool Ireland waxaa lagula talinayaa inay qaataan 2 qiyaasood oo MMR ah, kan hore 12 bilood iyo kan labaad 4-5 sano. Tallaalka MMR ee la siiyo 72 saacadood gudahood marka uu jadeeco soo gaadho ayaa laga yaabaa inuu bixiyo difaac.

Lifaaqa B

### **Haddii adiga iyo/ama carruurtaada aad la xiriirteen kiis jadeeco:**

#### **Carruurta**

- Haddii ilmahaagu da'diisu ka weyn tahay 12 bilood aanu weli helin tallaalka MMR, isaga/iyada waa inay qaataan hal qiyaas oo tallaalka MMR hadda ah iyo qiyaas labaad muddo bil gudaheed ah.
- Haddii ilmahaagu ka weyn yahay 12 bilood oo uu hore u qaatay hal tallaalka MMR isaga/iyada waa inay helaan MMR-kooda labaad sida ugu dhakhsaha badan. Muddo ugu yaraan 1 bilood ah waa in ay dhaaftaa inta u dhaxaysa qiyaasta koowaad iyo labaad ee MMR.
- Haddii ilmahaagu da'diisu tahay 6 ilaa 12 bilood isaga/iyada waa inay hadda qaataan hal dose oo tallaalka MMR ah. Ilmahaagu waxa uu wali u baahan doonaa qiyaas labaad  $\geq 12$  bilood (muddo hal bil ah waa in ay dhaaftaa inta u dhaxaysa qiyaasta koowaad iyo labaad) iyo qiyaasta saddexaad ee 4 ilaa 5 sano.

Haddii ilmahaagu horey u qaatay laba tallaalka oo MMR ah, tallaabo kale looma baahna.

#### **Dadka waaweyn**

- Haddii aadan weligaa qaadan tallaalka MMR, waa inaad heshaa hal dose oo tallaalka MMR hadda ah iyo qiyaas labaad muddo bil gudaheed ah.

- Haddii aad hore u qaadatay hal qiyaas oo tallaalka MMR ah, waa inaad sida ugu dhakhsaha badan u heshaa qiyaas labaad. Muddo hal bil ah waa in ay dhaaftaa inta u dhaxaysa qiyaasta koowaad iyo labaad

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HSE (adeegga caafimaadka Irishka) ayaa adiga iyo/ama carruurtaada ku siin doonta tallaalka MMR lacag la'aan.

### **Immunoglobulin**

Carruurta da'doodu ka yar tahay 6 bilood, haweenka uurka leh ee aan ka difaacin jadeecada iyo dadka difaaca daciifka ah waxay u baahan karaan immunoglobulin si ay uga ilaaliyaan jadeecada. Tan waxaa badanaa lagu maamulaa qaybta maalinta ee isbitaalka. Haddii aad u baahato immunoglobulin waxaa lagu gudbin doonaa goobta isbitaalka ku haboon adiga oo ku hadlaya.

### **Ka hortagga gudbinta jadeecada**

Haddii adiga ama ilmahaaga laga helay calaamadaha jadeecada ama aad leedahay calaamado muujinaya jadeeco waa inaad qolkaaga ku jirtaa ilaa 4 maalmood ka dib bilawga finan si aad isaga ilaaliso inaad u gudbiso dadka kale.

Carruurta aan la tallaalin ee jadeecada soo gaadhay waa inay joogaan guriga/qolkooda (aanay ku dhex milmin kuwa kale ee ku jira xannaanada carruurta, dugsiga ama goobaha bulshada) inta lagu jiro xilliga soo-baxa, taas oo noqon karta ilaa 21 maalmood. Tani waa si loo hubiyo in aysan u gudbin caabuqa carruurta kale ee laga yaabo inay aad uga yar yihiin tallaalka ama ay halis ugu jiraan xaalado kale dartood.

Dadka qaangaarka ah ee aan la tallaalin ee jadeecada ku dhacday waa inay iska ilaaliyaan xiriir aan loo baahnayn oo ay la sameeyaan dadka. Haddii aad la shaqeyso dadka khatarta sare ugu jira caabuqa jadeecada tusaale ahaan. Haddii aad tahay shaqaale daryeel caafimaad ama aad ka shaqeyso xannaanada carruurta ama dugsiga, waxaa lagugula talin karaa inaad guriga ka joogtid shaqada inta lagu jiro xilliga soo-baxa, taasoo noqon karta ilaa 21 maalmood.