



What can I do if I think someone in my family has measles?

Phone your doctor immediately for advice, do not turn up at your doctors or A&E (Emergency Department).

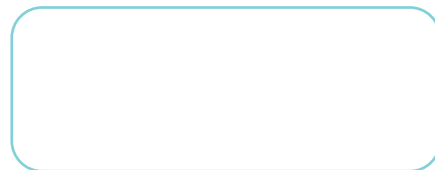
Keep the child or adult at home and stop visitors coming to your home unless they know they are protected against measles (they have had two doses of MMR).

What can I do if my family has been in contact with someone with measles?

If this is the case let your doctor know immediately and get medical advice.

If you have any questions about needles (vaccines) contact your own doctor, nurse, Primary Healthcare for Travellers Project or the HSELive help line at:

1800 700 700
(Freephone)



Measles

Information leaflet for Travellers

Developed in partnership with Donegal Travellers Project and Pavee Point Traveller and Roma Centre, on behalf of the National Traveller Health Network.



What is Measles?

- an illness caused by a virus
- spread through coughing and sneezing
- spreads very easily in crowded places (infectious)

Both children and adults can become sick with measles. Children can get measles if they have not had the MMR (Measles-Mumps-Rubella) needle (vaccine).

Measles starts with:

- a **high temperature** (fever)
- the **3 Cs**: cough, cold-like symptoms and conjunctivitis (sore red watery eyes)

The **red-brown rash** comes a few days later.

Measles is worse for children under one year of age, pregnant women and people with poor immunity.

Measles can be very serious and can cause:

- chest infections
- fits
- ear infections
- swelling of the brain and brain damage
- deafness
- blindness
- death



What can I do to protect my family from measles?

Every parent wants to keep their children and family safe. The safest way to protect children from measles is with the MMR needle (vaccine). You are fully protected against measles if you have had 2 doses of the MMR needle (vaccine). But even one dose gives good protection.

Children should get the MMR needle (vaccine) at 12 months of age and a second dose at 4 to 5 years of age.

The HSE also advise that children aged 6-11 months should receive 1 dose of the MMR needle (vaccine) if they are travelling outside of Ireland. The best time to get this is 2 weeks before travelling.

If I missed a dose of the MMR vaccine, how can I catch up?

It's never too late to catch up. MMR vaccination is free. Contact your doctor, Public Health Nurse to find out how to get your MMR needles (vaccines).

What if I am unsure if I have had the vaccine?

If you are unsure if you or your child has had the MMR vaccine already, you can check with your doctor.

I have questions about the MMR, who should I talk to?

If you have any questions be sure to talk to your doctor or Public Health Nurse — no matter what the question is.

The MMR Vaccine Is Safe

There is a lot of misinformation about MMR needle (vaccine) causing autism, but there is no proof that vaccines cause autism. Please speak to your doctor, Public Health Nurse or Primary Healthcare for Travellers Project for more information.

