



Growing Together For Success

# ASHGROVE SCHOOL

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Dear Parents/Caregivers

Attached is an information sheet regarding Measles.

As a precaution, we recommend you read the information on the reverse of this letter and check to see if your child has symptoms of this infectious condition.

Please note that if your child has the measles rash they should not attend school to avoid contact with unexposed people for at least 5 days after the appearance of the rash. Please check with your doctor or health nurse before returning your child back to school.

If you require more information contact your GP.

Christine Chadwick  
Principal



# Information Sheet

## Measles

Measles is a highly contagious disease that can be life threatening but is easily preventable. It affects both children and adults. Measles spreads easily from person to person through the air, via breathing, coughing and sneezing. If you catch measles you are infectious 5 days before and until 5 days after the rash appears. Anyone with measles needs to be isolated from the time they become ill until 5 days after the rash has appeared. Isolation means staying at home and missing out on things like school, work, sporting competitions and social events. It is extremely important to stay in isolation if you're asked to do so, to protect vulnerable people including babies, pregnant women, cancer patients and others who are unable to be immunised. If you are exposed to measles and can't prove that you're immune (for example, by showing your immunisation record), you'll need to be isolated for at least 14 days. Schools and child care centres have the legal power to exclude unvaccinated children when there is a risk of measles being spread.

## Symptoms

The illness starts 7–18 days after you've been exposed. If you have measles, you'll get the following symptoms.

### First symptoms

- A fever
- A cough
- A runny nose
- Sore and watery 'pink' eyes
- Sometimes small white spots on the back inner cheek of your mouth.

### Day 3–7 of illness

A blotchy rash which tends to start on your face, behind the ears, before moving over your head and down your body. The rash lasts for up to a week.

## What to do

If you detect any of these symptoms, see your family doctor or call Healthline on [0800 611 116](tel:0800611116), for advice as soon as possible.

It's important to call before visiting your doctor because measles is easily passed on from one person to another. Phoning ahead helps ensure steps are taken to avoid you spreading measles in the waiting room. You should also 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.