

Health Alert:

Measles outbreak in South-East Asia with cases in Victoria. Here's how you can protect yourself:



Measles is a **viral illness that spreads easily**. It often causes a rash and fever and sometimes causes serious illness. **It can be prevented through vaccination.**

There is a **measles outbreak** in **South-East Asia**, especially in Vietnam. Several people from Melbourne have caught measles whilst visiting family or travelling in Vietnam.

To protect yourself and your family from measles:

1. Make sure you're protected against measles

- Talk to your GP if you are born after 1965 and have not had TWO measles vaccines.
- If you are unsure, visit your GP or check the Medicare app to see if you're protected.
- Vaccines are free for eligible cohorts (e.g. National Immunisation Program Schedule, or born after 1965, or 6–12mths and travelling overseas).

2. If you're travelling to Vietnam, ensure you are vaccinated before you go

- Babies aged 6 to 12 months travelling to countries with measles outbreaks should get an extra measles vaccine.

3. Avoid large gatherings if unwell so you don't spread any infections