**BOPDHB – This campaign is about changing behaviour**

**1** Would you want to spend your summer in hospital? Would you want your child to spend it in hospital? One third of all cases of measles end up in hospital. It’s not too late to be immunised against measles. Contact your family doctor or practice nurse today to be immunised

**2** 2018 in the Bay of Plenty and Lakes – No cases of measles.

 2019 in the Bay and Lakes 70 cases so far

 This summer avoid the pain and distress of measles. The MMR vaccine is 95% effective in protecting from measles after just one dose. Contact your family doctor or practice nurse today to be immunised.

**3** Were you or your children born after 1st January 1969?

You are at risk of contracting measles if you or they have not had the MMR vaccination. It’s free and available now, in time for a stress-free summer.

Contact your family doctor or practice nurse today to be immunised.

**4** Summer – Friends and family come to stay, we visit them. Don’t let measles spoil your holiday plans.

Have the MMR vaccination. Make sure your children are vaccinated. Dig out your Well Child or Plunket book to check or simply ask your doctor. Better still make an appointment with your doctor or practice nurse to be immunised.

**5** Don’t assume you’re immune. Unless you were born prior to 1969, you are at risk of contracting measles. Make sure you and your whānau are up-to date with your vaccinations, including the MMR for measles, mumps and rubella. And if you aren’t, contact your family doctor or practice nurse today to make an appointment to be immunised.