# Information letter for labour migrants regarding measles

Dear reader,

You are receiving this letter because you are temporarily living and working in the Netherlands. There are measles outbreaks in many countries in Eastern Europe. More people in the Netherlands are also getting measles. This letter contains more information about measles. You will also read about what you can do to protect yourself and others against measles.

**What is measles?**

Measles is an infectious rash disease caused by a virus. The disease starts with a fever, listlessness, cold symptoms and coughing. A skin rash of red spots emerges after 3 to 7 days. The rash starts behind the ears and then spreads all over the body. People with measles may sometimes also get an ear infection or develop pneumonia.

**How might a person catch measles?**

The virus is found in the nose and throat of a person with measles. When a person with measles coughs or sneezes tiny droplets containing the virus are expelled into the air. If other people inhale the droplets, they could also get measles. The measles virus is very contagious. A person with measles can pass it on to others from 4 days before the rash first starts until 4 days after the red dots appear. The incubation period between exposure and illness is 7 to 14 days.

More information about measles (M): [rivm.nl/en/measles](https://www.rivm.nl/en/measles).

**How do I protect myself and others against measles?**

You are protected against measles if you have had measles yourself, or if you have been vaccinated against measles. If you have not had measles and you have not been vaccinated, then you are not protected against measles. That means you can get the disease and infect others. You can protect yourself and others by getting vaccinated. The vaccine against measles used in the Netherlands also gives you protection against mumps and rubella. This vaccine is safe. After the injection you may have a sore spot on your arm and muscle aches. You may also have a bit of fever. You cannot get the vaccination during pregnancy.

**How can I get a vaccination against measles?**

There are several ways to get vaccinated against measles:

* At the Municipal Public Health Services (GGDs). You can make an appointment for vaccination at a GGD clinic. This vaccination costs money. For more information, see [vaccinatiesopmaat.nl](https://www.vaccinatiesopmaat.nl/vaccinatie/bof-mazelen-rode-hond-bmr) (in Dutch).
* Through your GP. The vaccination costs money, but the visit to the GP is free of charge.
* Through your employer. The employer can contact the job health and safety service to arrange a vaccination for you. Ask your employer about the options.

**Do you have questions about measles?**

General information: <https://www.rivm.nl/en/measles>

Municipal Public Health Service (GGD) by phone: [...]

Please feel free to contact the GGD if you have questions.