



**Make sure your child  
is up to date with their  
MMR vaccinations**

Check your child's  
red book, and make  
an appointment  
with your GP  
practice to catch  
up on missed doses





**9 out of 10**

unvaccinated children  
will catch measles  
if someone in their  
class has it

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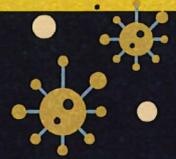
# MEASLES

There has been a sharp rise of measles cases in our communities

Most of these cases are young children who have not had the MMR vaccine.



## Measles is a very serious infection



The measles virus spreads through air, in areas such as playgroups, nurseries and schools. It can make the body prone to serious complications that affect the lungs and brain. **1 in 5 children who contract measles will need a hospital visit.**

## Symptoms include...

High fever (>39°C)

Red & watery eyes

Runny or blocked nose

**Cough** and cold like symptoms, followed by a...

**Rash** which spreads from the face down to the rest of the body, and white spots may appear inside the cheek



## Measles can also affect adults

Measles can make people with vulnerable immune systems very ill e.g., cancer, pregnancy, or if taking certain medications.



## The MMR Vaccine

The MMR vaccine is free and safe. **Two doses provide life-long 99% protection against catching measles.** It is part of the routine NHS childhood vaccinations to protect against measles, mumps and rubella.

The MMR vaccine is given in **two stages**:

1st dose - at 1 year of age.

2nd dose - at 3 years 4 months of age.

There are 2 vaccine brands in the UK. One of these does not contain pork gelatine (**Priorix**). This can be requested from your GP surgery.



## What to do if you suspect your child has measles?

If you are worried that your child has measles, get advice via your GP or 111. **Do not send them to school or visit relatives.**

Seek urgent help by calling 999 or attending A & E, if they:

- become drowsy
- are taking half their usual amount of feeds/fluids
- have a rash that does not fade when pressed
- become short of breath



## If you're an adult who has not been vaccinated

Ask at your GP surgery. Vaccination is **especially important if you are pregnant** or have a vulnerable immune system. It's never too late!

## Find out more

- [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles)
- <https://www.gov.uk/government/publications/mmr-for-all-general-leaflet/mmr-for-all-general-guide>

