

February 2026

**Subject: Keeping your child safe as they start school**

Dear Parent or Carer,

**Did you know that England is no longer a measles-free country?**

Over the past few years, we have seen more and more children catching measles. Most of the recent cases in England have been children under the age of 10 years old, with many outbreaks linked to nurseries and schools.

This is because measles moves quickly and easily between children who are unvaccinated. We know that measles can be serious, have life-changing complications, put children in hospital, and even cause death.

**You may be worried that your child may catch measles**

If your child hasn't had **two doses** of a vaccine containing MMR (**M**easles, **M**umps, **R**ubella) they are not fully protected and are at risk of catching measles. Please check your child's **Red Book** today.

If they have **not** had two doses, please **call your GP surgery** to book an appointment. It is free and will help keep your child protected when at school, at home, when with friends, grandparents, and when travelling on overseas holidays. Your GP will also be able to tell you if your child requires any more childhood vaccines.

This autumn, your child can also get a free flu spray at school. This is a simple spray that goes up the nose and protects them from flu bugs.

Please scan the QR code below to learn more about these vaccines, or visit [NHS MMRV vaccine programme](#)

Thank you for helping to keep your child and our schools healthy.

Yours sincerely,



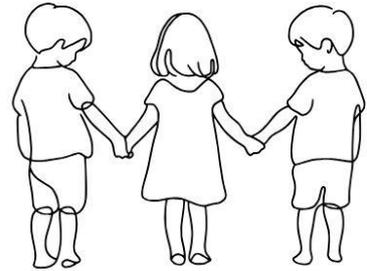
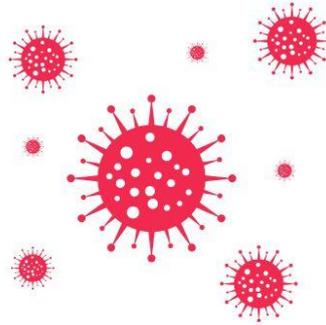
Tricia Spedding  
Head of Public Health  
NHS England – North West



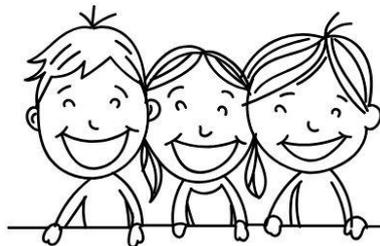
# Measles

Don't let your child catch it

If you're  
not  
vaccinated



You're not  
protected



You need 2 doses  
of MMR to protect  
against measles.

Ask your GP for advice.  
It's free!