

Check your child is up to date with MMR and other childhood immunisations.

Dear Parents and Carers

There has been an increase in the number of measles cases reported nationally this year, and parents and carers are being encouraged to check that they and their children have had two doses of the MMR vaccine.

Measles is caused by a very infectious virus and can be serious. Measles can lead to complications such as pneumonia and inflammation of the brain. Sadly, in some instances, measles can have very serious long term and life changing consequences.

Measles symptoms can include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

Because measles is highly contagious, a cough or a sneeze can spread the measles virus over a wide area. If someone comes into contact with the virus and is not protected, it is likely that they will become infected. The best protection against measles is the MMR vaccination.

Anyone with measles symptoms is advised to stay at home and phone their GP or NHS 111 for advice, rather than visiting the surgery or A&E, because measles spreads very quickly and easily.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella.

Anyone who is unsure if their child is up to date with all their routine vaccinations should check their child's Red Book (personal child health record).

If you or your child have not had two doses of MMR vaccination, or if you are not sure, **contact your GP practice to check and book an appointment.** Our GP practices are currently providing additional capacity to ensure that vaccinations are available for everyone who needs them.

For more information about measles, see the nhs.uk website [here](#).

To find out more about childhood vaccinations, please visit the NHS website: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>