

How to protect yourself, your family, and your community from measles

WHAT IS MEASLES?

Measles is highly infectious and can lead to serious health complications. There have been recent cases of measles in the region.

The best protection against measles is two doses of the MMRV immunisation.

HOW CAN YOU PROTECT YOURSELF AND YOUR FAMILY FROM MEASLES?

The MMRV immunisation protects against measles, mumps, rubella and chickenpox (varicella).

Children are offered 2 doses of the immunisation when they are 12 months and 18 months old. Older children born on or after 1 January 2020 are also offered 1 or 2 doses of the immunisation.

A pork-free version of the MMRV immunisation, called Priorix-Tetra, is available at all GP surgeries.

The MMRV immunisation is safe, effective, and free of charge. It does NOT cause autism – numerous studies have proven there is no link between the immunisation and autism.

The MMR immunisation is no longer offered to all young children. It is recommended for anyone born on or before 31 December 2019 who missed having this immunisation when they were younger.

HOW CAN YOU GET THE IMMUNISATION?

To get immunised, book an appointment at your GP surgery. To find out if your child is up to date with their immunisations, check their Personal Child Health Record, or contact your GP surgery.

WHAT ARE THE SYMPTOMS OF MEASLES?

Measles usually starts with cold-like symptoms. The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

A rash usually appears a few days after the cold-like symptoms. The rash starts on the face and behind the ears before spreading to the rest of the body.

Some people may also get small spots in their mouth, particularly inside the cheeks and on the back of the lips. To learn more about symptoms, visit nhs.uk/conditions/measles/.

WHAT SHOULD YOU DO IF YOU OR YOUR CHILD HAS SUSPECTED MEASLES?

If your child develops symptoms, urgently contact your GP. Please contact the surgery by telephone before visiting and tell the reception staff that you think that your child may have measles.

Do not attend the surgery unless you are asked to, nor should you attend A&E. The doctor will advise on what to do, and will make special arrangements to see your child so that if they have measles, they won't pass it on to others.

For more information, visit nhs.uk/vaccinations/mmr-vaccine/

