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Dear Parent/Carer

**Protect yourself against measles by getting vaccinated.**

Measles is on the increase in England, including Hampshire. Hampshire children and adults who have not had two doses of the MMR vaccine are at risk. Measles is highly infectious and can sometimes lead to serious problems. The symptoms are usually worse for adults.

The MMR vaccine protects children and adults against measles. If you think your children or other members of your household have not had two MMR doses, call your GP to find out and ask for the vaccine.

The MMR vaccine is given on the NHS as a single injection to babies as part of their [routine vaccination schedule](#), usually within a month of their first birthday. They will then have a second injection of the vaccine before starting school, usually at 3 years and 4 months.

Ring your GP as soon as possible if you suspect that you or your child may have measles. You should also call your GP if you've been in close contact with someone who has measles, even if you have no symptoms.

Do not visit your GP surgery without calling them first. They will need to reduce the risk of the infection spreading to others by taking some precautions and they will advise you.

Search [NHS Measles](#) for more information on this infection and search [NHS MMR](#) for information on the vaccine.

Yours sincerely

**Dr Sallie Bacon**  
**Director of Public Health, Hampshire County Council**

Director of Adults' Health and Care  
**Graham Allen**

Chief Executive  
**John Coughlan CBE**