



North East London

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Dear Parents/Guardians,

Staying healthy by vaccinating against measles

Measles cases have been rising in London. It spreads easily from person to person by close contact, through coughing and sneezing. There is no cure against measles, and it can be very serious with 1 in 5 infected children needing a hospital visit.

The good news is, if you are vaccinated you are protected.

The measles vaccine has been in use for about 60 years. It is safe, effective and has reduced measles cases in the UK by 99.9%. The measles, rubella and mumps vaccines are usually combined and is called the MMR vaccination.

Children are usually given two doses of the MMR vaccine when they are young. There will be some children who have not had both doses meaning they are not fully protected. This makes outbreaks more likely when children start or return to school.

Any child who comes into close contact with someone with measles and is not fully vaccinated with two doses may be asked to self-isolate to stop the spread. Children who are already fully vaccinated will not need to miss any school.

Staying up to date with your child's vaccines

To find out more about childhood vaccinations you can visit nhs.uk/child-vaccines. To check if your child is up to date with their MMR, polio or any other vaccine, contact your GP and arrange a catch-up appointment or check your child's red book.

If your child had their first vaccinations abroad it is important that they still have routine vaccinations here. If you're not registered with a GP, you can register online at <https://www.nhs.uk/service-search/find-a-gp> (anyone can register and you don't need ID or proof of address).

Parents of children aged 4 to 11, whose vaccination record says they are behind on polio and MMR vaccinations, will be contacted by Vaccination UK to offer catch up doses at a local clinic or at school this autumn. Please consider consenting so that your child can be protected.

Diane Jones
Chief Nursing Officer
NHS North East London

Dr Somen Banerjee
Director of Public Health (Tower Hamlets)

Signed: 