

The UK Health Security Agency (UKHSA) has declared a national incident following Measles outbreaks in London and West Midlands. The best protection against measles for children and adults is to get both doses of the MMR vaccine.

In response to this we would like to share with you the advice from UKHSA currently:

Measles is a highly infectious, serious illness that can be very unpleasant. Those most at risk are under 1s, the unvaccinated, immuno-compromised and pregnant women. There is no specific treatment available, so it is important to get vaccinated to avoid serious illness.

If you and your child have been vaccinated, it's very unlikely you will catch Measles.

Symptoms of Measles

- Usually starts with cold-like symptoms
- High fever
- Sore, red watery eyes
- Cough and/or runny nose
- Small red spots with bluish-white centres inside the mouth
- A red/brown blotchy rash which appears several days later, rough to the touch.

You should keep your child away from school for at least 4 days from when the rash first appeared and until they are completely recovered.

Keep your child away from babies, anyone who is pregnant and those with a weakened immune system.

'THINK' Measles

If you think your child has measles or has been in contact in the last 3 weeks with someone with a confirmed case of measles, then please stay at home and call your GP surgery.

- **DO NOT** bring your child to school or nursery.
- **DO NOT** visit the GP surgery/ out of hours, or Hospital.
- **CALL** ahead to the GP surgery so measures can be put in place for your arrival.

Children in school who are suspected of having measles will be isolated and parents will be asked to promptly collect them.

Vaccination

If you are unsure about whether your child is due a vaccine or has missed a vaccination, you can check your vaccination status by calling your GP surgery or

checking your 'Red Book'. If your child has missed one of their MMR's call your GP surgery and book an appointment.

The MMR schedule is usually 1 vaccine at 12 months old and a 2nd vaccine at pre-school, around 3 years and 4 months. For adults it's never too late to get vaccinated. Adults require 2 vaccines at 4 weeks apart.

You can request a version of the MMR vaccine that **does not contain pork products** from your GP surgery, making it suitable for all faiths. Please note that the GP practice may need to order this product in specially, so it will be helpful to tell the GP surgery before the appointment.

MMR vaccine is not advised during pregnancy, those women of childbearing age should avoid getting pregnant for at least 4 weeks following vaccination.

Pregnant women are advised to contact their midwife/GP surgery if they believe they have come into contact with Measles. Pregnant women who suspect they might have Measles should **not** go to an antenatal clinic or any other maternity setting until they have been assessed.

This information provided by UKHSA should provide clarity and reassurance. We ask that you remain vigilant to Measles following the half term holiday.

Please follow the links below for further information and guidance:

- [Measles - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Think Measles! \[English\] \(gov.uk\)](https://gov.uk)
- [Measles: don't let your child catch it flyer \[Available in 22 languages\] \(gov.uk\)](https://gov.uk)
- [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- [Pregnant? Immunisation helps to protect you and your baby from infectious diseases \(gov.uk\)](https://gov.uk)