



Holy Family Catholic High School

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SENT ON BEHALF OF PUBLIC HEALTH

As you will be aware, there are currently a number of Measles outbreaks nationally and we have been made aware of a number of recent Measles cases in the North West, though none in Sefton at the time of writing.

Please see the information below regarding sources of information and support for education, children's and early years settings.

The latest health protection guidance from the UK Health Security Agency can be found here:

[Health protection in children and young people settings, including education - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/health-protection-in-children-and-young-people-settings-including-education)

Measles

Specific guidance on measles can be found in the education setting infection prevention and control guidance A-Z of diseases: [Managing specific infectious diseases: A to Z - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/managing-specific-infectious-diseases-a-to-z)

What is Measles and how does it spread?

[Measles](#) is a highly infectious viral infection. Symptoms include a runny nose; cough; conjunctivitis (sore, itchy, watery, red and sticky eyes); high fever and small white spots (Koplik spots) inside the cheeks. Around day 3 of the illness, a rash of flat red or brown blotches appear, beginning on the face, behind the ears and spreading over the body. The incubation period is between 10 to 12 days but can vary from 7 to 21 days.

Measles is highly infectious and transmitted via airborne or droplet spread, or direct contact with nasal or throat secretions of infected persons. Cases are infectious from 4 days before onset of rash to 4 days after, where the date of the rash onset is day 0.

Anyone with measles must stay away from school, college or nursery whilst they are infectious.

The MMR (measles, mumps and rubella) vaccine is the safest and most effective way to protect against measles. People need 2 doses of MMR to be protected against measles, mumps and rubella.

Sources of support and advice

Measles is a notifiable disease and if you have a case in your setting, you should contact the UK Health Security Agency on **Tel: 0344 225 0562** for further advice.

If you have any concerns or questions around infection prevention and control, please contact the community infection prevention and control team **Tel: 0151 295 3036** or via email Infection.controlteam@merseycare.nhs.uk

Sources of information and support for students, parents, and carers

The Department for Education has the following online resources which may be useful to share with students, parents and carers:

[How to protect against measles – vaccines for school pupils - The Education Hub \(blog.gov.uk\)](#)

[What to do if you think your child has measles and when to keep them off school - The Education Hub \(blog.gov.uk\)](#)

Many thanks for your ongoing support.

Best wishes,

On behalf of the public health team in Sefton.

Charlotte Smith
Consultant in Public Health