

Measles – Have you had your MMR vaccine?

Students in Leicester are urged to ensure that they are fully vaccinated against measles, following the confirmation of several cases locally, including one who is a university student.

Measles is a very infectious virus and spreads very easily. People who catch measles usually recover completely within a couple of weeks, however it can be a very serious illness that can lead to permanent disability, and occasionally can cause death.

It's important that people are alert to the symptoms of measles, which usually starts with cold-like symptoms accompanied by fever, a red-brown blotchy rash, and sore red eyes.

Initial symptoms of measles develop around 10 days after a person is infected, but can take between 7 to 21 days. If you experience these symptoms seek medical attention but be sure to phone ahead before you visit your GP surgery or other healthcare setting, so arrangements can be made to prevent others from being infected.

The best way to protect yourself and those around you is to have the MMR vaccination. Anyone who hasn't already had two doses should contact their GP surgery for an appointment to get vaccinated.

Two doses are needed for full protection against measles. You can have the vaccination at any age and measles immunity usually lasts a lifetime so you will only need one course of vaccinations. The MMR vaccine is free of charge and is a highly effective and safe vaccine. You can also request a porcine free vaccine.

If you are unsure whether you or have been vaccinated, please check your online GP record in the first instance, otherwise contact your GP practice.

More information about measles is available at: <https://www.nhs.uk/conditions/measles/>

Information about the MMR vaccine can be found at:
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

Measles: Are you protected?

You need **2 doses of the MMR vaccine** for lifelong protection.

If you haven't had **both doses**, you could be at risk.

Contact your GP practice and book an appointment if you're not up to date.

Measles: know the symptoms

Cold-like symptoms usually appear before a rash, including:

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

Getting back together

More face to face means there is a higher risk of catching and passing on infectious diseases, such as measles and meningitis.

Make sure you have had your 2 doses of MMR vaccine. You should have had a single dose of MenACWY vaccine if you are under 25. They are free to all eligible students.

Vaccines save lives. Visit NHS.UK to find out www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them

Getting back together

Mixing with other students means you are more at risk of infectious diseases.

Missed one or more vaccines? Make an appointment with your university GP as soon as possible.

Vaccines save lives. Visit NHS.UK to find out www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them