

24 February 2026

Dear parent or carer,

Since January, measles infections have been on the rise in London.

Measles spreads very easily among those who are not vaccinated. It usually starts with a high temperature and cold-like symptoms, followed by a rash.

Around 1 in 5 children with measles need hospital care, and measles can sometimes lead to serious problems, such as pneumonia, meningitis, blindness, and seizures.

The MMR and MMRV vaccines protect against measles. Nearly all children who are developing measles have not been vaccinated. The [MMR vaccine](#) is recommended for anyone born on or before 31 December 2019, and the [MMRV vaccine](#) for younger children.

They are safe, free, and given in two doses, usually at 12 months and 18 months of age. But you can get a free vaccine at any age, it is never too late. Getting the vaccine also helps stop measles from spreading to people with weak immune systems and babies who are too young to have it yet.

Please check whether your child has had two doses of the MMR (or MMRV) vaccine. You can look in your child's "Red Book" (Personal Child Health Record), check on the NHS app, or ask your GP surgery.

If your child has missed one or both doses, please book a free appointment as soon as possible by contacting the School Immunisation Team on: 020 8614 5496 / [krft.SouthwarkImms@nhs.net](mailto:krft.SouthwarkImms@nhs.net), or by speaking to your GP practice.

You can find more information on the NHS website: <https://www.nhs.uk/conditions/measles/>

Thank you for helping us to keep our community safe.

Yours sincerely,

*Sangeeta Leahy*

Sangeeta Leahy  
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