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To all Head Teachers, Nursery Managers and Childminders

Dear Colleague

Re: Measles Outbreaks

We have become aware of a recent increase in measles in children and young people in Liverpool and Leeds. Measles is highly infectious and I would be grateful if you could share this message with parents and guardians of children in your care. Please exclude any child with suspected measles for 5 days after onset of rash. Staff members can get Measles, Mumps and Rubella (MMR) vaccine from their GP if they require it. MMR vaccine can be given to adults of any age. Posters are available to display if required and can be found on the link below:

<https://www.gov.uk/government/publications/measles-outbreak>

There are also currently several large measles outbreaks across Europe, with Romania, Italy, Germany and Greece being the worst affected countries, meaning a continuous risk of imported cases. This is particularly important for families travelling to these areas over the holiday period, or schools who have arranged trips to these areas. Please follow the link below to access a factsheet for further information relating to school trips:

<https://www.gov.uk/government/publications/measles-and-school-trips-travel-advice-for-schools>

Message for parents/carers and guardians

You may wish to send the message below to parents/carers and guardians:

There is an increase in measles in Liverpool and Leeds and some countries across Europe, affecting young unimmunised children. Measles is highly infectious. It can cause serious illness and can sometimes be fatal. Vaccination with 2 doses of MMR is the safest way to protect children and young people.

*The first MMR vaccine is given to toddlers at the age of 13 months and the second vaccine at around 3 years and 4 months before your child goes to school. MMR can be given to older children, teenagers and young adults if they missed their injections when they were younger. **Contact your GP practice if your child needs an MMR vaccine.** The vaccine is free. If you are not sure if your child needs an MMR vaccine, you can contact the GP practice to ask.*

Measles is not just a little kid's problem. Teenagers, young adults and anyone who has missed their MMR vaccination can get measles. The first signs of measles are fever, cough, runny nose and red sore eyes. After a few days, a spotty rash will appear. It starts on the face and neck before spreading to the rest of the body.

If you think your child has measles:

- *Ring your GP practice for advice*
- *Please don't turn up to the surgery, walk in centre or to accident and emergency without calling ahead. The doctor will make special arrangements to see your child so that if your child has got measles they won't pass it on to others.*
- *Keep people with symptoms of measles away from others to avoid spreading measles, and stay away from school, nursery or work for 5 days after the onset of rash.*

If you would like more information, see <https://www.nhs.uk/conditions/measles/>

Yours Sincerely,



Dianne Draper
Screening and Immunisation Lead

Yours Sincerely,



Dr John Astbury
Consultant in Health Protection



Public Health
England

Measles is circulating

- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up-to-date
- if you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others
- symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms
- go to [nhs.uk](https://www.nhs.uk) for more measles information

Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough





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Measles: How to Stay Safe

The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!
Keep people with symptoms away from others



Call ahead before going to A&E or your GP



Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough

