

# MEASLES

## Don't let your child catch it

– get them vaccinated with the MMR vaccine

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible\*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

\*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.





# Answers to some common questions about measles and the MMR vaccine

## Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

## When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

## Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

## Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

---

For more information about measles and MMR go to [www.nhs.uk/conditions/measles/](http://www.nhs.uk/conditions/measles/)

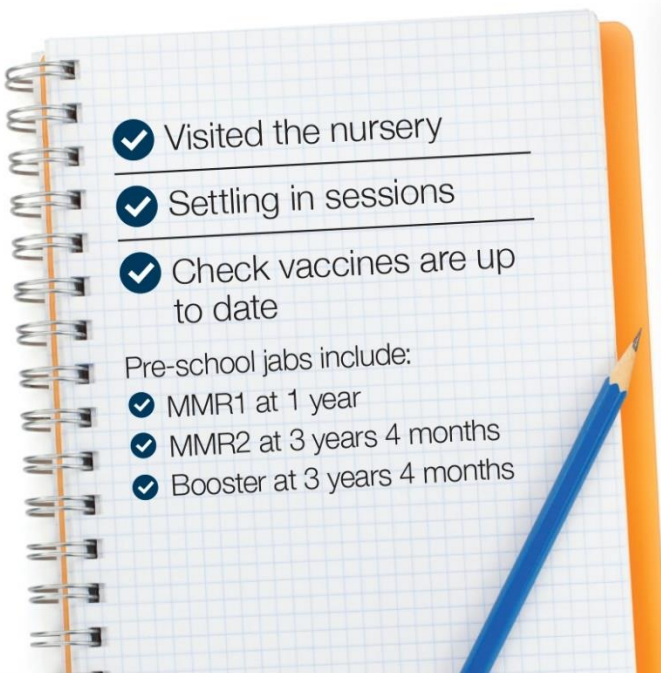


UK Health  
Security  
Agency

NHS

# Starting nursery?

When your child starts nursery they will be learning and playing with more children. If they are not up to date with their jabs, they could be at risk of catching preventable diseases.



Check their personal health record (Red Book) and contact their GP surgery to ensure your child has had all their routine vaccinations. To get the best protection for your child, they need to have had two doses of MMR vaccine and be up to date with all their routine vaccinations.

For a full checklist of all the vaccines and the ages at which they should ideally be given visit:

[www.nhs.uk/conditions/vaccinations](http://www.nhs.uk/conditions/vaccinations)

Scan here: MMR for all leaflet



[qrco.de/MMRFORALL](http://qrco.de/MMRFORALL)

**i**mmunisation

Helping to protect everyone at every age

© Crown Copyright 2023. STARTNU1, FEB 2023, 50K (APS)



UK Health  
Security  
Agency

# 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

