



Public Health
England



Dear Parent/Carer(s)

Measles is circulating in England

There is currently a large ongoing outbreak of measles in Europe and an increase in cases throughout England. From 1 January to 9 May 2018 there have been 440 laboratory confirmed measles cases, with London (164), the West Midlands (78), South East (86), South West (42) and West Yorkshire (37) reporting the most cases. The South West measles cases have centred around Bristol, North Somerset, and South Gloucestershire so far.

This means that unimmunised individuals will be at a real increased risk of contracting the infection and getting ill with Measles.

In order to be fully protected against measles, individuals require two doses of MMR (Measles, Mumps and Rubella) vaccine.

Symptoms of measles

The initial symptoms of measles develop around 10 days after you're infected, but it can take up to three weeks. These can include:

- Cold-like symptoms, such as a runny nose, sneezing, and a cough
- Sore, red eyes that may be sensitive to light (conjunctivitis)
- High temperature (fever), which may reach around 40°C (104°F)

A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck, before spreading outwards to the rest of the body.

Measles can be unpleasant, but will usually pass in about 7 to 10 days without causing any further problems. However, measles can lead to serious and potentially life-threatening complications in some people. These include infections of the lungs (pneumonia) and brain (encephalitis).

What to do if your child has measles

You should contact your GP as soon as possible if you suspect that your child may have measles. **Please phone before your visit as your GP surgery may need to make arrangements to reduce the risk of spreading the infection to others, especially vulnerable people (unimmunised babies, pregnant women and people with weakened immune systems).**

In addition, if your child develops any symptoms that could be measles please do not make any unnecessary travel and please contact the Public Health England Health Protection Team 0300 303 8162 Option 1 then Option 1 for further advice.



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MMR protects your child from measles

If your child has not received two doses of the MMR vaccine, they are not protected against measles. Children routinely receive the MMR vaccine at 12 months and 3 years and 4 months and this should be recorded in your child's red book. If you are in doubt about your child's MMR status, please contact your GP surgery to confirm whether your child is fully covered or not and arrange for your child to receive the MMR if they have not received two doses of MMR.

Further information

For further information about measles, please visit

<http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx>

Information about the MMR vaccine can be found by visiting

<http://www.nhs.uk/conditions/vaccinations/pages/mmr-vaccine.aspx>

Yours faithfully,

Dr Chaam Klinger

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