

Measles cases are rising in our area



Measles is not a mild childhood illness. It can cause hearing loss, pneumonia, blindness, brain swelling and, in rare cases, death. Babies and young children are at higher risk. Your risk is higher if you have a weakened immune system, or are pregnant and not fully vaccinated.

Protect yourself and your family

Measles is very infectious. It can spread easily to others, days before a rash appears. The best protection from measles for your family is being vaccinated:

- The free MMR/MMRV vaccine gives the best, most effective protection against measles.
- Children are offered two doses, the first at one year old, then at 18 months or at 3 years 4 months, depending on date of birth. A non-porcine version is available.
- Have you or your child missed a dose? Check their Red Book or ask your GP surgery.

Get the vaccine for you or your child at your GP practice, or search 'school vaccinations UK catch up clinics' for school aged children.

What does measles look like?

Measles starts like a cold, with a fever and red eyes. Days later, a bumpy rash appears:

- Lighter skin – rash is usually red, fading to purple in 3–4 days.
- Darker skin – rash may be purple, darker than skin, or hard to see.
- Some people get small white spots inside their mouth.

If you think you or your child has measles, stay at home. Call your GP surgery or NHS 111 before going anywhere. Rest, drink plenty of fluids and take paracetamol or ibuprofen. Never give aspirin to anyone under 16. **More information:** www.nhs.uk/measles

