

Dear Parent or Carer,

Measles cases prompt MMR vaccine call

Measles is an infection that spreads very easily and can cause serious problems in some people. The UK Health Security Agency (UKHSA) has reported an increase in measles across the country and is encouraging people to check that they and their children have had two doses of the MMR vaccine. Currently, there are no cases of measles reported in North Somerset, but action is important now to prevent cases of measles and stop it from spreading.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella.

It's important for you to take up the offer of MMR vaccination for your children when it's offered at 1 year of age and as a pre-school booster at three years, four months of age. If children and young adults have missed these vaccinations in the past, please ask your GP for a vaccination appointment. This is particularly important in light of the recent cases in other parts of the UK.

Check your child's Red Book to see if they've received MMR vaccinations as scheduled or check with your GP surgery if you're unsure. Most healthy adults will have developed some immunity to measles but can still receive two doses of the vaccine from their GP too.

You are very unlikely to get measles if you've had both doses of the MMR vaccine or you've had measles before. Measles symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

Anyone who thinks they have measles are being advised to stay at home and phone their GP or NHS 111 for advice.

For more information about measles, see the [nhs.uk/measles](https://www.nhs.uk/measles) website.