

07 March 2024

Dear Parent/Carer

### Re: Measles

As you may be aware, the UK Health Security Agency has advised that measles is circulating in parts of the UK, and is predicting confirmed cases in the South East.

Measles is a serious, highly infectious viral illness spread by droplets or by direct contact with an infected person and anyone who is not protected by vaccination is at risk of catching it.

Therefore, it is important that families are aware of the signs and symptoms to look out for and ensure that they and their children are up to date with their vaccinations. Measles can be serious, particularly if it spreads to other parts of the body, such as the lungs or brain, and can cause problems such as meningitis, pneumonia and blindness. These problems are rare, but some people are more at-risk including babies and people with weakened immune systems.

### Measles Mumps and Rubella (MMR) vaccination

The best way to prevent measles is through vaccination. The Public Health Team **strongly recommend that all parents ensure their children over 12 months of age have received the MMR vaccine.** To be fully vaccinated two doses are needed; a first dose at around 13 months and a second dose at 3 years 4 months or soon after. However, MMR can be given at any age over the age of one year. To arrange vaccination please speak to your General Practitioner.

More information about MMR can be found here:

[MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk).

If staff, parents/carers are unsure about their own immunisation history, they should contact their General Practitioner to check. and arrange vaccination if required.

### Symptoms of measles

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

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Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days. A rash usually appears a few days after the cold-like symptom and starts on the neck and face then spreads to the rest of the body.

More information about measles can be found here:

<http://nhs.uk/conditions/Measles/Pages/introduction.aspx>

Anyone with suspected measles should stay off nursery, school, or work at home for at least four days after the onset of the rash and return only after a full recovery. They should also avoid close contact with babies, people who are pregnant and people with weakened immune systems.

Parents/Carers can find further advice on keeping their children healthy (and attending school) in this blog from UKHSA: [A parent's guide to keeping kids healthy this school term - UK Health Security Agency \(blog.gov.uk\)](#).

Yours sincerely

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