



UK Health  
Security  
Agency



Leicestershire  
County Council

Health Protection  
Leicestershire County Council  
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**Date: 06 February 2024**

**Re: Measles**

Dear Parent/ Guardian

As you may be aware we are seeing an increasing number of people with measles in the Midlands with some cases occurring in Leicester and Leicestershire. Most of those affected to date have been in children who have not had their MMR (measles, mumps and rubella) vaccine.

### **What is measles?**

Measles is a highly infectious disease which spreads easily. The early signs of measles are cold-like symptoms, such as fever, followed by a rash around 4 days later. Some people may also get small spots in their mouth. Measles can lead to serious problems if it spreads to other parts of the body such as the lungs or brain. More information can be found at:  
<https://www.nhs.uk/conditions/measles/>

### **How can I prevent measles?**

The best way to prevent measles is through vaccination. Two doses of MMR vaccine will give your child the best protection.

Children and adults can catch up on any missed vaccines. Children should have their first dose aged 1 and the second dose at 3 years and 4 months old. Two doses of the MMR can provide life-long immunity. Please visit  
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/> for more information.

### **What can you do**

- If you are unsure if your child is protected from measles, you can check their Red Book, check the NHS app, or contact their GP.
- If your child has missed one or both of their doses of MMR vaccine **contact your GP surgery to arrange an appointment.**

Anyone can have the vaccine. The MMR vaccine is safe and free of charge. There is a type of MMR vaccine which does not contain pork ingredients and has not been in contact with any pork ingredients during manufacture, so it can be used for people

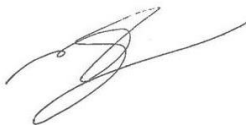
who do not touch any pork products. This vaccine (called Priorix) is available at every GP practice.

### What to do if you think your child has measles

If you or your child become unwell and you think it could be measles, you should ask for an urgent GP appointment or get help from NHS 111. It's very unlikely to be measles if you've had both doses of the MMR vaccine or you've had measles before.

- It is important that you call your GP surgery before attending the Practice, as they will make special arrangements to see you and/ or your child so that, if they have measles, they won't pass it to other people.
- If you or your child require emergency attention, please call 999 or notify A&E that you may have measles before presenting.
- If you think your child may have measles, it is very important that they do not attend nursery or school.
- It is also important that anyone suspected of having measles does not visit public places where you may come into contact with others, this includes out of school activities, attending places of worship or taking part in sports or leisure activities. This will help to protect vulnerable people including babies and small children, pregnant women, and people with weakened immunity, for example persons receiving cancer treatments, who are at increased risk of complications if they catch measles.

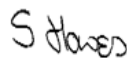
Thank you for your support in protecting all of our children across Rutland.



Mike Sandys

Director of Public Health

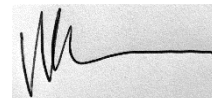
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