

WHAT IS MEASLES?



**Measles cases in young
people are starting
to increase.**

Measles is a disease that is caused by a virus, and it is easily passed on from one person to another through coughs & sneezes. If you come into contact with someone who has measles when they are infectious it is very likely that you will become sick unless you have already been vaccinated / had a measles infection.

**This leaflet explains how you can
protect yourself and your family.**

Measles cases in young people are starting to increase.



Measles can make you feel miserable with a fever, runny / blocked nose, sneezing, cough, red, sore, watery eyes, and red/dark spots (depending on your skin colour). The spots appear a few days after cold-like symptoms, start on the face and behind the ears before spreading to the rest of the body.

Occasionally people with measles can get sick with breathing problems and fits.

At the minute there are places in Europe and in England where measles is spreading widely. This is called an outbreak and sadly some children and adults have died.

More information about the symptoms of measles can be found on NHS website

<https://www.nhs.uk/conditions/measles/>



How can I protect myself and my family?

You are at greatest risk if you have not had 2 doses of the Measles, Mumps and Rubella (MMR) vaccine.

In England all babies and children are offered the vaccine for free at 12 months and again at 3 years and 4 months old. The MMR vaccine works to prevent you and your family from getting measles, as well as mumps and rubella.

Measles vaccination has saved an estimated 17.1 million lives worldwide since 2000 (WHO). Over the past 40 years over 500 million doses of MMR vaccine have been given in over 100 countries. So, we know that the vaccine is really safe. Most people will have no side effects. A small number of people may have swelling or redness where the injection was given, or they may get a temperature, and this usually settles in a few days. Protect yourself and your family with the MMR vaccine.



How do I know if my child / other family members have been vaccinated?

If you are unsure if you / your child is up to date with their vaccines including MMR the easiest way is to look at your child's red book or to check with their G.P. / health visitor This is particularly important before you travel to countries where measles may be circulating.

If you are going to be mixing with large groups of people e.g., attending festivals / starting university this is a good time to check that you are fully vaccinated.

If you are a healthcare worker, it is also important that you check to make sure that you have had 2 doses of MMR / have had a previous infection and if not contact your G.P. to arrange vaccination.

Has your child had their vaccines?

Check their red book and speak to your GP or health visitor if they are due.

