



Protecting and improving the nation's health

Ref: 1460609

21 March 2018

Dear Parent,

### **Measles circulating in the local area**

We are writing to you as there is currently measles circulating in the local area.

Measles is a highly infectious viral illness spread through coughing and sneezing and close personal contact. Spending only 15 minutes with someone with measles can transmit the infection on to them.

**Our Public Health message is, If you have not been fully immunised with TWO doses of the measles, mumps, rubella (MMR) vaccine, then we recommend that you see your GP and ensure you are up-to-date with your MMR vaccination.**

We urge you to ensure that you are protected with two MMR vaccinations. Public Health England advice in this situation is as follows:

- If you have never had any MMR vaccinations, please contact your GP to give the first dose as soon as possible, followed by the second dose after one month.
- If you have had the first MMR dose, we advise that you have the second dose now, provided the first dose was given at least one month ago.

### **Pregnancy and people with reduced immunity**

If you are pregnant and cannot remember either having had measles in the past or a measles containing vaccine, OR your immune system is affected by poor health or medication, please seek advice from your GP.

### **People who are health care workers**

If you or your child has signs or symptoms of measles and work in a healthcare setting please contact your employer's Occupational Health service immediately for advice. Vaccination is also available from your GP and should be sought as soon as possible. Please show this letter at the surgery when seeking vaccination.

### **General health advice**

If you have any signs or symptoms of measles you are advised to inform your GP to seek medical advice. Please ensure you telephone the GP surgery before you visit, as they may need to make arrangements to reduce the risk of spreading the infection

to other people who attend or work at the surgery. You can also telephone NHS 111 for health advice. The first stage of measles includes irritability, a runny nose, conjunctivitis (red eyes), a hacking cough and an increasing fever that comes and goes. If you are unwell with suspected measles you should be excluded from school/work until four days after your rash first appeared.

If you are a student and develop signs or symptoms of measles, please also remember to report this to the school/University.

Further information is available from NHS Choices:

<http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx>

Yours sincerely,

Dr CL Klinger  
Consultant in Communicable Disease Control