

# think measles

## It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

**Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.**

For more information go to  
[www.nhs.uk/vaccinations](http://www.nhs.uk/vaccinations)





Public Health  
England

# Measles is circulating

- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up-to-date
- if you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others
- symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms
- go to [nhs.uk](https://www.nhs.uk) for more measles information

## Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough





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# Measles: How to Stay Safe

The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!  
Keep people with symptoms away from others



Call ahead before going to A&E or your GP



## Symptoms

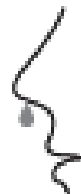
Rash



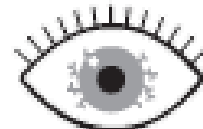
Temperature



Runny Nose



Red Eyes



Cough



# If you think you've got measles call ahead

Have you got a rash and do you feel very unwell – don't go to the surgery, walk in centre or your local accident and emergency department – **Call ahead**, that way if you do have measles – you won't pass it on to others – it can be a fatal disease if someone has a weak immune system and can't fight it off – if a pregnant woman catches measles – it can harm her baby.

**Measles is serious, call ahead and get advice.**

**Measles**  
it's not just a kids' problem.

**i**mmunisation

Helping to protect everyone, at every age



# MEASLES

**Don't let your child catch it**  
- get them vaccinated with the MMR vaccine

- Measles is in the news again. There have been serious outbreaks in Wales and England and the number of children catching measles is rising.
- Measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill.
- Your child is at risk of measles if he or she hasn't had the MMR vaccination.
- Two doses of MMR vaccine are needed to get the best protection.
- If your child is due to have had two doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible.\*
- If you can't remember if your child has had any, one or two doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP.
- If you don't know how many doses your child has had, it's better to have two doses of MMR vaccine now rather than risk leaving them unprotected.

\*In response to a local outbreak then the two doses can be given one month apart from the age of 18 months.