

Measles

The United Kingdom Health Security Agency (UKHSA) have recently published a press release following a national increase in the number of measles cases. UKHSA is urging parents of young children, teenagers and adults to check they are up to date with their MMR vaccines.

Children are offered the first vaccination at 1 year and the second dose at 3 years and 4 months.

Everyone is encouraged to check their vaccination status. You can do this by checking in your NHS app if you have access to this or contact the GP practice. If anyone has missed one or both doses of the MMR vaccine, contact the GP practice to book an appointment. It is never too late to catch up. Parents/Carers can check if their child is up to date with their MMR vaccines, by looking in the child's personal child health record (PCHR), known as the [red book](#).

Symptoms of measles

Measles usually starts with cold like symptoms e.g. a high temperature, blocked or runny nose, sneezing, cough, red, sore watery eyes

Other symptoms:

Small white spots in mouth

Measles rash (red and blotchy) which usually appears a few days after the cold like symptoms starting on face and behind ears then spreading to rest of the body.

Anyone displaying symptoms should consult the GP or NHS 111

For further information visit [NHS Website](#)

Anyone with symptoms should not return to the setting, school, nursery etc. for at least 4 days from when the rash first appears and avoid close contact with babies, pregnant women and people with a weakened immune system.

Close contacts of cases that have not had 2 doses of MMR may be required to stay away from work, depending on their role, for up to 21 days.

Pregnant women who come into contact with measles should seek medical advice from their midwife or GP as soon as possible.

Reducing the spread of infection

Wash hands regularly with soap and water

Use tissues when you cough and sneeze

Throw used tissues in to the bin