

**Measles is circulating in the UK. Measles is extremely infectious.**

**It can cause serious illness, blindness, and even death.**

**Do not attend GP surgeries and A&E departments** without informing them that you think you have measles **before you visit** – you could spread the illness to others.

**Symptoms of measles**

Measles symptoms include:

* high fever
* sore red, watery eyes
* coughing
* a runny nose
* aching and feeling generally unwell
* a blotchy red brown rash, which usually appears after the first symptoms

**Protecting yourself from measles**

To protect yourself and those around you from measles:

* make sure your children get 2 MMR vaccines on time – the first at 12 months 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 GP if you or your children aren’t up to date
* There are two vaccines available from your GP – the Priorix vaccine **does not** contain pork gelatine

**If you think you have measles**

If you have symptoms of measles stay at home and phone your GP or NHS 111.

For further information about measles please visit [NHS.UK](https://www.nhs.uk/conditions/measles/)

Additional [information on the MMR vaccine](https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/) is also available.

**Do** call 999 or go to A&E if you or your child has measles and:

• shortness of breath or becomes drowsy

• a high temperature that does not come down after taking paracetamol or ibuprofen

• confusion

• seizures (fits)

• has a rash that does not fade when pressed

• or your child is taking half their usual amount of feeds/fluids