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Re: Measles: Ensuring good uptake of MMR vaccine is the best way of stopping measles spreading in your school and community

In the last few weeks there has been an increase in the number of cases of measles in Northwest London, including some among Brent children. Measles is extremely infectious and can cause serious illnesses, including pneumonia and meningitis.

Immunisation

Make sure your child gets two MMR vaccines on time; the first at 1 year old and the second at 3 years, 4 months. Having both doses gives long lasting protection against measles, mumps, and rubella. You can find more information about the MMR vaccine on the NHS website at https://www.nhs.uk/conditions/vaccinations/mmr-vaccine or if you have any questions or worries about vaccinations, here's a video link Why vaccination is important and the safest way to protect yourself - NHS (www.nhs.uk) that helps explain them.

If you or your child missed these vaccines, it's not too late. Ask for a free vaccine from your family doctor (GP) if you or your children aren't up to date. If you are unsure whether your child is up to date with all their routine immunisations, please check their 'red book' (personal child health record) or contact your GP practice. Your GP or practice nurse will be able to review your child's immunisation status and answer questions about immunisation.

Symptoms of measles

If your child has 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; and a blotchy red brown rash, which usually appears after the first symptoms.

Please note that most of the time children can attend school with minor childhood illnesses, and should be encouraged to do so. It is usually appropriate for parents / carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.

However, children should not be sent to school **if they have a temperature of 38°C or above**. If you are unsure, please seek advice by calling NHS 111 or your GP.

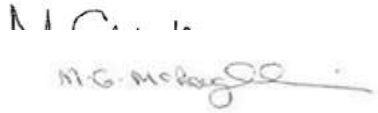
Contact with a measles case

The UK Health Security Agency will be notified of all cases of measles and advise on the public health management including contact tracing. Please note that if your child has not had the MMR vaccine and someone else in the same house gets measles, they will not be able to go to school for 21 days after contact with the infected person (the time infection can take to develop).

For more information on measles, please go to the NHS website - Measles - NHS (www.nhs.uk)

Further information

If you have any further queries, please contact Marie McLoughlin on marie.mcloughlin@brent.gov.uk or there is more details on the Bent website at Measles | Brent Council.





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