

MEASLES

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)

Additional [information on the 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

