



**Early Years and Childcare Service**

Southmead Children's Centre  
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**Wednesday 21 February 2024**

Dear Parent/Carer

As you may have seen on the news, there has been a recent rise in measles cases across the country.

**Measles can spread very easily among those who are unvaccinated:** measles can cause serious long-term complications such as pneumonia, swelling of the brain, permanent hearing loss, harm to unborn babies, and on rare occasions, death. Vaccines are our best line of defence against diseases like measles and help stop outbreaks occurring in the community.

**The MMR vaccine:** the MMR vaccine is free, safe, and effective on the NHS, whatever your age. Two doses provide you with 99 per cent protection against catching measles - one dose does not provide you with sufficient protection. It is important that parents of any age, as well as children, are vaccinated from measles.

The MMR vaccination is given at any age and gives lifelong immunity. Children will be offered the first dose of the vaccination at 12 months, a second dose will be offered before they start school, usually at around three years and four months of age.

We are asking parents to check if their children are up to date with two MMR doses. To do this, check in your personal child health record (PCHR), known as the 'red book', or contact your GP practice. As an adult if you are unsure of your vaccination status you can ask your GP to check your record.

If you or your child has never had the MMR vaccine or have only had one dose, you should contact your GP surgery to arrange to catch up with your outstanding doses.

Unvaccinated people who come into contact with a person with measles may have to stay at home and be excluded from nursery, school, or work for up to 21 days.

**Symptoms of measles:** symptoms include a high fever, sore red watery eyes, and a blotchy red-brown rash. Anyone with symptoms is advised to stay at home and phone their GP or NHS 111 for advice.

Yours sincerely,



**Julie Northcott, Deputy Director of Public Health**



**Dawn Butler, Early Years Manager: Inclusion**

### **Additional Information**

Please find helpful information below about the MMR vaccination:

- a short video to help you understand more about the MMR vaccination - <https://www.youtube.com/watch?v=piWFCEajORo>
- MMR vaccine information in English, Somali, Bengali, Romanian, Polish, Yoruba, and Ukrainian - <https://sirona-cic.org.uk/advice-information/measles-and-the-mmr-vaccine>
- General information: [Measles - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- [What to do if you think your child has measles and when to keep them off school - The Education Hub \(blog.gov.uk\)](http://blog.gov.uk)