

Measles

Measles is circulating.

- Measles is extremely infectious and can be serious.
- Make sure your children get two MMR vaccines on time; the first at 1 year 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 family doctor (GP) if you or your children aren't up-to-date.
- If you have 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;
 - a blotchy red brown rash, which usually appears after the first symptoms.
- Go to [nhs.uk](https://www.nhs.uk) for more measles information

(Text adapted from the Measles leaflet from the UK Health Security Agency)