

# SYMPTOMS

High temperature



Runny nose



Cough



Sore red eyes



Rash



NHS

# Measles:

## Protect yourself and your family

- Measles, mumps and rubella (MMR) vaccination is the safest protection against measles.
- Two doses of MMR offers the best protection against measles and is free.
- If you have not had two doses of MMR, you can ask to get them from your GP surgery.
- Check to see whether your child has had their two doses just after their 1st birthday and again before starting school.
- For people who do not touch any pork products, there is a version of the MMR vaccine which does not use porcine gelatin in its production.
- Know the symptoms and keep people with symptoms away from others.  
Visit [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles) for more measles information.

### SPEAK TO YOUR GP IF:

- Your child or someone in your family has missed their first or second dose of the MMR vaccine.
- You or someone in your family show symptoms of measles.

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# Measles is circulating

- Measles is extremely infectious and can be serious
- Unvaccinated young children, pregnant women and people with weak immune systems are at greatest risk of severe health complications if they catch measles.
- Symptoms include:
  - high temperature (fever)
  - cold like symptoms such as runny or blocked nose, sneezing or coughing
  - sore, red, watery eyes
  - a blotchy red brown rash, which usually appears a few days after cold like symptoms (sometimes starts on the face before spreading to the rest of the body). The rash may be harder to see on darker skin tones
  - small white spots inside cheeks and the back of lips (may appear for a few days)
- If you or your child have symptoms of measles, stay at home and phone your GP or NHS 111 for advice – as you could easily spread the virus to others
- If you need to visit your GP or hospital, call ahead to let them know that it could be measles – they will make special arrangements for your arrival to help keep other patients and staff safe