

26<sup>th</sup> June 2023

Dear Parent or Carer,

### **Think MEASLES**

There have been cases of measles in Greater Manchester. Having both Measles, Mumps and Rubella (MMR) vaccinations is the best way of protecting your child, family and community from measles.

MMR vaccination is given at one year of age, and 3 years and 4 months by the GP. If you are unsure if your child has had both vaccinations, please call your GP to confirm or to book an appointment. It is never too late to get vaccinated. There is no upper age limit to offering MMR vaccine and adults who are not protected should also arrange for catch up immunisations via their GP. Although most people who catch measles will recover in some cases it can become a very serious disease with life-changing consequences.

The initial symptoms of measles:

- resemble a cold with runny nose, cough and a slight fever
- eyes become red and sensitive to light
- as the illness progresses, usually days 3 to 7 people can become very unwell
- high temperature which may reach 39 – 41 °C
- red or raised 'close' rash appears that lasts four to seven days
- small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days
- rash usually begins as flat red spots that appear on the face at the hairline and spread downward to the neck, trunk, arms, legs, and feet.
- small raised bumps may also appear on top of the flat red spots
- ear infections and diarrhoea may also be seen.

If you think your child may have measles please contact your GP to inform them. To prevent the risk of spreading the infection to others, **please do not go to the practice unless told to do so**. Similarly, if you attend any other health care setting (A&E for example) please ring ahead so that the team can plan to see you in an area away from others before you arrive.

People with measles must:

- Avoid close contact with babies, pregnant women, and individuals with weakened immunity
- Stay off nursery, school, college, or work for at least 4 days from when the rash first appears

Further information about measles can be found here: Measles - NHS ([www.nhs.uk](http://www.nhs.uk))

Thank you for your support.

Yours sincerely,

A handwritten signature in blue ink that reads "David Regan". The signature is written in a cursive style with a light blue background behind the text.

David Regan  
**Director of Public Health for Manchester**