

FAO: Trafford Parents and Carers

7th February 2024

Dear Parent or Carer,

Think MEASLES

The UK Health Security Agency (UKHSA) has declared a measles national incident following large outbreaks in London and the Midlands, and further outbreaks of infection are expected across the country. You may have seen the national media coverage on the BBC and other news channels.

Measles is extremely infectious and spreads very easily to people who have no immunity¹, the illness can be serious. There are cases of measles in Greater Manchester.

The best way to protect against measles is by having 2 doses of the measles, mumps, and rubella (MMR) vaccine. MMR vaccine is usually given at the GP practice to children aged 1 years and 3 years 4 months, however, some children miss this vaccination. The MMR can also be given to older children, teenagers and adults if they have missed it. If your child, or you have not received both doses of MMR we are encouraging you to contact your GP practice and complete this important vaccination programme.

To find out more about the MMR vaccine please visit: [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](https://www.nhs.uk/vaccine-nhs)

What is measles?

Measles is a contagious illness, that is spread through coughing, sneezing and close contact with someone who is infectious.

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:

- temperature may reach 39–41 °C
- red or raised 'close' rash appears that lasts four to seven days
- small white 'Koplik' 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

If you or your child become unwell and think it could be measles:


- Seek medical advice: call your GP or NHS 111 for advice
- It is important to let your GP practice know before attending, or as soon as you arrive at the door of A&E, that you or your child may have measles, this is so that you can wait away from other patients to prevent any further spread.
- Do not go to school, nursery or work for the four days after the rash first appears.

¹ Immunity is the ability of the human body to protect itself from infectious disease.

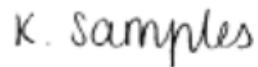
- Limit your contact with other people and avoid those who:
 - are pregnant
 - are under 12 months old or have not had the MMR vaccine
 - have a weakened immune system
- Inform your school or employer

Thank you for your support,

Yours sincerely,



Helen Gollins
Director of Public Health



Karen Samples
Director Education Standards, Quality and Performance