

Measles FAQ

Measles is one of the most infectious communicable diseases. Spending 15 minutes or more in direct contact with someone infected with measles is considered a significant exposure.

UKHSA has reported an increase in measles across the country and is encouraging people to check that they and their children have had two doses of the MMR vaccine

Measles is caused by a virus and presents with a rash and high fever and can be very serious. The illness maybe more severe in young infants. Someone with measles usually has to spend about five days in bed and be off school or work for ten days. Pregnancy women and immune compromised children and adults are also at higher risk and may be more susceptible to complications.

Low levels of immunisation uptake in the past have led to a significant increase in the number of individuals not protected against measles. These lower immunisation levels may contribute to measles spreading more rapidly through communities and populations.

Measles symptoms to be aware of include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms.

For more information about measles, see the nhs.uk website [here](#).

Anyone with symptoms that could be measles is advised to stay at home and phone their GP or NHS 111 for advice, rather than visiting the surgery or A&E. This is because measles spreads very quickly and easily and so it is important to try and prevent the illness spreading further.

The free MMR vaccine is a safe and effective way of protecting against measles, as well as mumps and rubella.

It's important for parents to take up the offer of MMR vaccination for their children when offered at 1 year of age and as a pre-school booster at three years, four months of age. Check your child's Red Book to see if they've received MMR vaccinations as scheduled or check with your GP surgery if you're unsure.

If children and young adults have missed these vaccinations in the past, **it's important to take up the vaccine now from GPs.** Information about can be found at:

www.blackcountry.icb.nhs.uk/vaccinations

Most healthy adults will have developed some immunity to measles but can still receive two doses of the vaccine from their GP too.

Teenagers, young adults and anyone who has missed their measles, mumps and rubella (MMR) vaccination can be vaccinated. Please contact child's GP practice if MMR vaccination is needed.

For further information

<https://www.sandwellfamilyhubs.com/journey/families-with-toddlers/vaccinations/>

www.blackcountry.icb.nhs.uk/vaccinations

<https://www.nhs.uk/conditions/measles/>

<https://www.gov.uk/government/publications/mmr-for-all-general-leaflet/mmr-for-all-general-guide>