

## MEASLES

Measles is circulating in the UK.

Measles is extremely infectious. It can cause serious illness and be fatal.

### Symptoms of measles

Measles symptoms include:

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

### Protecting yourself from measles

To protect yourself and those around you from measles:

- make sure your children get 2 MMR vaccines on time – the first at 12 months 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 GP if you or your children aren't up to date

### If you think you have measles

If you have symptoms of measles stay at home and phone your GP or NHS 111.

Do not attend GP surgeries and A&E departments without informing them that you think you have measles before you visit – you could spread the illness to others.

For further information about measles please visit:

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