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## Rise in measles cases in North West London

Dear Parents and Guardians,


In the last few weeks there's been an increase in the number of measles cases in North West London. Measles spreads easily and can cause serious illnesses including pneumonia and meningitis.

Check your child's red book and, if they need to, update their vaccinations. To do this, contact your GP and book an appointment. If your child is not currently registered with a GP, then you can contact your local GP Practice and ask to be registered and at the same time request for your child to be vaccinated.

If you have any concerns or questions relating to the MMR vaccine or any other childhood vaccinations and would like to discuss further before getting your child vaccinated, then do please contact your local GP who will be able to help.


Look out for symptoms of measles in your child, which include:


- a high temperature;
- a runny or blocked nose, sneezing or a cough;
- red, sore, watery eyes;
- a rash with spots of the measles sometimes raised and join together to form blotchy patches; and / or
- white spots in the mouth.


 **Measles is circulating**


- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time, the first at 1 year 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 family doctor (GP) if you or your children aren't up-to-date
- if you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others
- symptoms include: high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the first symptoms
- go to [nhs.uk](http://nhs.uk) for more measles information


**Symptoms**

**Rash**  


**Temperature**  


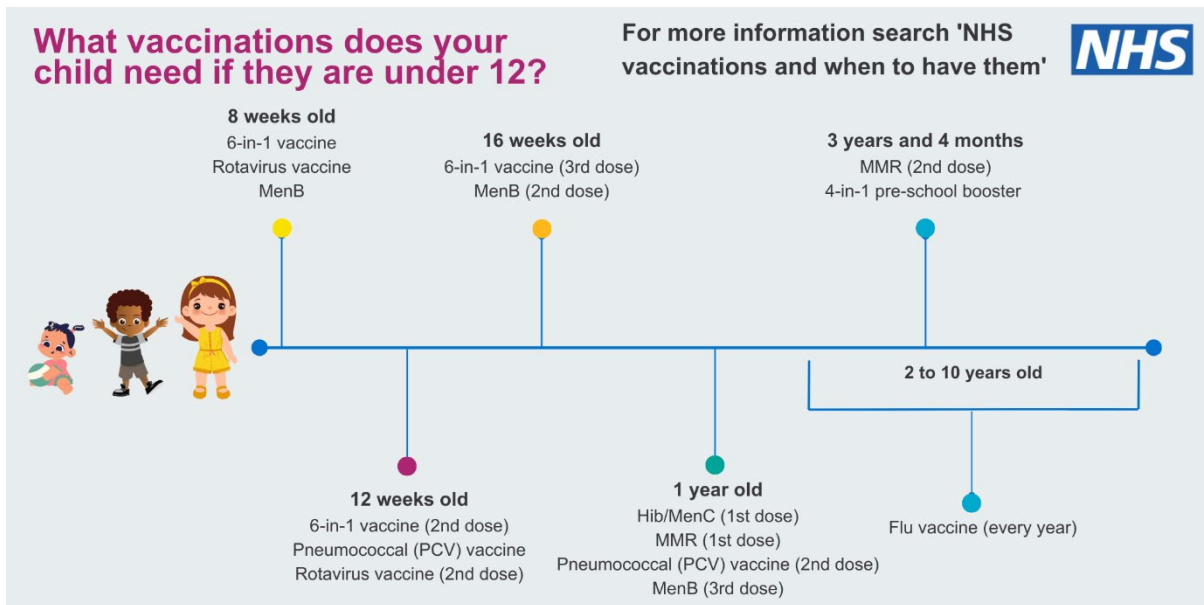
**Runny Nose**  


**Red Eyes**  


**Cough**  


UK Health Security Agency gateway number: 0300004. Download only resource [www.gov.uk/government/publications/measles-outbreak](http://www.gov.uk/government/publications/measles-outbreak)

This graphic illustrates the vaccinations your child should be having, according to their age.



**Contact NHS 111 or telephone your GP if any of the below list applies:**

- you think you or your child may have measles;
- you've been in close contact with someone who has measles and you've not had measles before or you've not had 2 doses of the MMR vaccine;
- you've been in close contact with someone who has measles and you're pregnant – measles can be serious in pregnancy; or
- you have a weakened immune system and think you have measles or have been in close contact with someone with measles.

**Important Note: Wherever possible please do not attend GP Practice or A&E in person if you or your child have symptoms as this may spread the infection to others.**

**How can we stop infections from spreading?**

Measles is spread when an infected person coughs or sneezes. There are things you can do to reduce the risk of spreading or catching it.

**Do:**

- ✓ wash your hands often with soap and warm water;
- ✓ use tissues when you cough or sneeze; and
- ✓ throw used tissues in the bin straight away.

**Don't:**

- ✗ share cutlery, cups, towels, clothes, or bedding.