



19th February 2024

Dear Parents and Carers

Measles (MMR) Vaccine Reminder – Important notice please read

There has been a recent rise in measles cases across the country. This may be due to the lower rates of children having their MMR vaccination during the pandemic. Given the increase in outbreaks of measles this is an ideal time to check that you or your child is up to date with the measles (MMR) vaccination.

Measles is not just an illness for young children. Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

The first signs of measles are

- Cough, runny nose and red sore eyes
- After a few days, a spotty rash appears. It starts on the face and neck and spreads to the rest of the body.

Measles is a highly infectious disease, which can be very serious. The MMR vaccination is recommended to help protect you, your child and loved ones against measles. Two doses of the MMR vaccine are needed to get the best protection. The vaccination is free of charge.

Anyone unvaccinated who is exposed to someone with measles will be advised to isolate for 3 weeks. This would disrupt a child's learning at nursery or school or an adult's work, and this could happen repeatedly. If exposure happened again, another 3 week isolation period would be required each time.

For your information children and adults can catch up on any missed vaccinations by contacting their GP practice. Children should have the first dose at 1 year old and the second dose at 3 years and 4 months old. Two doses of the MMR can provide life-long immunity.

Vaccination will also help prevent the spread of measles. The MMR vaccination also protects against mumps and rubella. You are encouraged to contact your GP to book an appointment for Measles (MMR) vaccination.

Yours sincerely,

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Headteacher