



UK Health
Security
Agency

Measles – information and advice

There are cases of measles in the West Midlands, including Stoke/Staffordshire, so the West Midlands Health Protection Team at the UK Health Security Agency (UKHSA) is working closely with local NHS, local authorities and any settings to provide advice and support.

Below is the information provided, to reduce risk of further infection in a setting and the wider community.

About measles

Measles is **very infectious** and can spread rapidly among communities, such as schools, if people have not been fully immunised with the MMR vaccine. While most people recover completely within a couple of weeks, measles **can cause very serious illness** – sometimes leading to permanent disability or even death.

People in certain at groups including babies and small children, pregnant women, and people with weakened immunity are at increased risk of complications if they catch measles.

About the MMR vaccine

The best way to protect against measles is to make sure people/families are up to date with their MMR vaccines – which also protect against mumps and rubella.

MMR is safe and effective and part of the NHS routine childhood vaccine schedule.

There are two types of the vaccine – **one does not contain pork gelatine**, so that can be used for people who do not touch any pork products.

TWO doses are needed to give maximum protection:

- **1st dose** just after the child's first birthday
- **2nd dose** at 3 years 4 months and certainly before children start school full time

What to do if people are not up to date with their MMR

- Anyone who is not up to date with their MMR vaccines should be advised to **make an appointment with their GP as soon as possible, to get their MMR**
- This is especially important when measles is circulating – as it is now
- People should also make sure they are up to date with their MMR vaccines before going to festivals and abroad on holiday, and before older children start college or university

Measles symptoms

- high temperature
- runny or blocked nose
- sneezing
- cough
- red, sore, watery eyes
- rash usually appears a few days after cold-like symptoms (sometimes starts around the ears before spreading to rest of the body)

If someone develops any symptoms of measles

- **Settings – please contact the UKHSA West Midlands Health Protection Team 0344 225 3560, Option 2** to notify of possible/probable/confirmed measles cases
- **Individuals – contact your GP by phone** and let them know symptoms of measles. People should not go to a GP, walk-in centre or any other healthcare setting without calling ahead, as **measles is very infectious**
- people **remain infectious** and should stay off nursery/school/university/work/other group activities **until at least 4 days after the onset of the rash**

If someone is a contact of a case of measles

- measles can take **up to 21 days** to develop (incubation period) from being in contact with a case of measles
- anyone who has had **no doses of the MMR vaccine** and has been in contact with a case of measles is strongly urged not mix outside their own household for 21 days from contact with the infectious person

For more information

- More information on measles is available on the NHS website here: <https://www.nhs.uk/conditions/measles/>
- More information on the MMR vaccine is available on the NHS website here: <https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>