

MEASLES

Don't let your child catch it
 – get them vaccinated with the MMR vaccine

- Measles is in the news again. There have been serious outbreaks in Wales and England and the number of children catching measles is rising.
- Measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill.
- Your child is at risk of measles if he or she hasn't had the MMR vaccination.
- Two doses of MMR vaccine are needed to get the best protection.
- If your child is due to have had two doses of MMR but has not yet received them, no matter what age they are, you should make an appointment with the surgery.*
- If you can't remember if your child has had any, one or two doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to the surgery.
- If you don't know how many doses your child has had, it's better to have two doses of MMR vaccine now rather than risk leaving them unprotected.

*In response to a local outbreak then the two doses can be given one month apart from the age of 18 months.

If you think you've got measles call ahead

Have you got a rash and do you feel very unwell – don't go to the surgery, walk in centre or your local accident and emergency department – **Call ahead**, that way if you do have measles – you won't pass it on to others – it can be a fatal disease if someone has a weak immune system and can't fight it off – if a pregnant woman catches measles – it can harm her baby.

Measles is serious, call ahead and get advice.

Measles
 it's not just a kids' problem.