

The number of cases of measles isn't only increasing in young children – older children, teenagers and adults are getting it too.

To be protected you need to be immunised with MMR vaccine.

Remember, it is never too late to get protected against measles, and you'll also be protecting yourself against two other diseases – mumps and rubella – that can be particularly serious in adults.



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For more information and advice visit:
www.nhs.uk/measles

A graphic featuring the word 'MEASLES' in a large, white, pixelated font. Below it, a red banner contains the text 'Protect yourself, protect others' in white. The background is a dense cluster of red circles of various sizes, some solid and some semi-transparent, creating a textured, bubbly effect.

MMR vaccination
It's not just for children

 **immunisation**

the safest way to protect your health for life



- Low levels of immunisation uptake over the last decade have led to a significant increase in the number of individuals not protected against measles. And the more people that are not protected, the more rapidly measles will spread.
- Measles is caused by a very infectious virus giving a rash and high fever. It can also be very serious. Adults are likely to be more ill than children and for longer. Someone with measles usually has to spend about five days in bed and be off school or work for ten days. Adults are also more susceptible to complications.
- Complications of measles can include ear and chest infections, fits, diarrhoea, encephalitis (infection of the brain), and brain damage. About one in 5000 individuals with measles is likely to die. There have been two deaths from measles in England since 2006.
- Measles is highly infectious – a cough or a sneeze can spread the measles virus over a wide area. If you come into contact with it and are not protected, the chances are that you will be infected.
- You are at greatest risk if you have not been immunised with two doses of MMR vaccine.
- If you have missed one or both of your MMR vaccinations contact your GP surgery to arrange an appointment. For more information visit www.nhs.uk/measles or you can phone NHS Direct on 0845 4647.
- By getting immunised you will not only be protecting yourself but also those people, especially children, who cannot have MMR because they have illnesses such as leukaemia. They are protected if enough of the population is vaccinated so measles is eliminated.
- If you can't remember if you've had both MMR vaccinations, it's better to book an appointment to have MMR vaccine because extra doses pose no health risk. If you need two doses, they should ideally be given three months apart.
- The MMR vaccine may cause side effects for up to six weeks after the immunisation. The symptoms are similar to those caused by the diseases but are extremely mild and harmless and are not contagious. Speak to your nurse or doctor if you are at all concerned. If you are having treatment for a serious condition such as a transplant or cancer, or you have a condition that affects your immune system such as HIV get advice from your nurse or doctor .
- If you care for other people or young children as part of your work, it's particularly important that you are fully immunised with MMR. Passing on measles to children who are too young to have MMR vaccine or to someone who is already ill, can have very serious consequences for their health.

