



# Measles

## General information for prisoners in England

Measles is currently affecting more people in England than usual. It is very infectious and anyone who is unprotected can catch it. You can get an MMR vaccine to **PROTECT** you from catching measles.

### What is measles?

- It's a viral infection mainly found in young children who have not had the vaccine but adults can also catch measles if they have not had it before or have not been immunised against it.
- It begins with fever that lasts for a couple of days followed by a cough, runny nose and conjunctivitis (red, sore eyes).
- After a few days a red-brown spotty rash will appear. This starts on the face and upper neck, spreading down the upper body and then extends to the arms, hands, legs and feet.



### How do you catch measles?

- The measles virus lives in the nose and throat of infected people.
- Measles is caught through direct contact with an infected person or through the air when he or she coughs or sneezes.
- A person with measles can infect other people from the day before they become unwell until four days after the rash appears.

### What if you are pregnant?

- MMR cannot be given if you are pregnant; if you think you have been in contact with someone with measles, let the healthcare team know as soon as possible.

### Do you need the vaccine?

#### Yes if:

- You are under 25 years of age and do not have documented evidence of two previous doses of a measles-containing vaccination or have not previously had measles (however although the risk of developing measles is smaller in the over 25s, vaccination for this age group is still available on request if you have not previously been vaccinated).
- If you have a health problem which makes you more vulnerable to catching infections like measles.



### Where do I get the vaccine?

Speak to your prison healthcare team who will be able to advise you about measles and whether you should get the vaccine.