

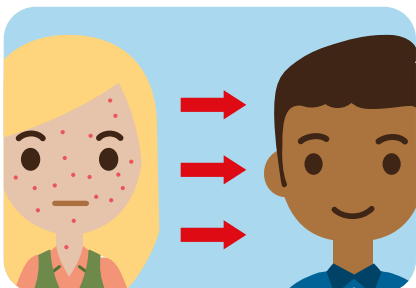


**Place that you went to:** .....

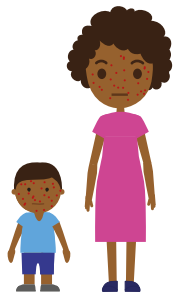
**Date that you went to this place:** .....

Dear .....

A person who goes to .....  
has measles.



Measles is an illness that spreads between people easily.



This means that you or your child could get measles.



The measles mumps and rubella (MMR) vaccine can protect you from measles.



People who have had 2 injections of the MMR vaccine are very unlikely to catch measles.



This information pack tells you about measles and what you need to do now.

It is important to read to the end of the pack.

You are being sent this information pack by



# What you need to do now

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Some people who get this letter might need to talk to a doctor.

You should talk to a doctor and tell them about this letter if:



- you have a weak immune system. This is when your body finds it hard to fight off infections and stay healthy



- you are pregnant and do not know if you have had the MMR vaccine



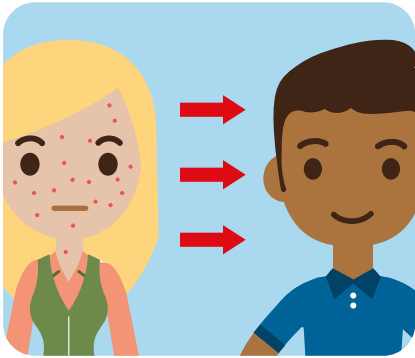
- you have a child or children under 1 year old



- you have not had 2 injections of the MMR vaccine or are unsure if you have

# 1 What measles is

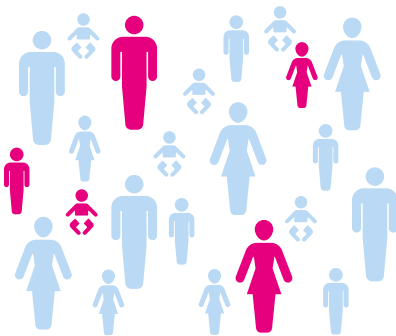
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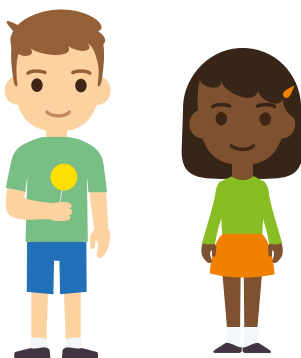
Measles is an illness that spreads between people easily.



It can make you very ill.

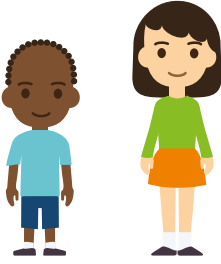


Some people are more likely to get very ill from measles than other people.



Anyone can get measles, but it is usually children.

People who are most likely to become very ill from measles are:



- young children



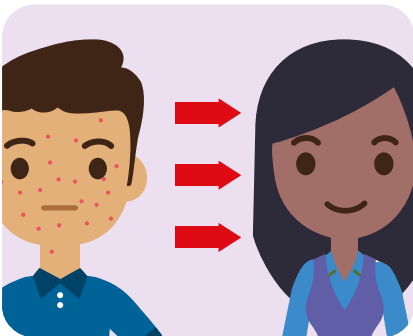
- pregnant women



- people who have a weak immune system. This is when your body finds it hard to fight off infections and stay healthy

## 2 How you get measles

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You can get measles if you get close to someone else with measles.



You can also get measles by touching things that have been coughed or sneezed on.

# 3 What happens if you get measles

**Month 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	X	X	X	X	X	X
X	X	X	X	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Most people start feeling ill 10 days after getting measles.

**Month 1**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

But sometimes it can take as long as 3 weeks. This is the same as 21 days.



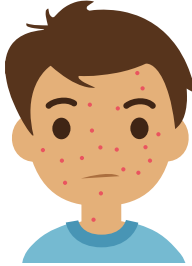
When you first feel ill with measles you might:

- have a high temperature, this means 37.5°C or higher
- have a runny or blocked nose
- sneeze or cough
- have red, sore, watery eyes

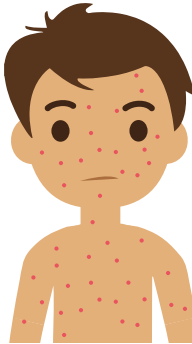
You might get small white spots in your mouth a few days after you start to feel ill.



You usually get a rash between 2 and 4 days after you start feeling ill.



The rash starts on your face and behind your ears.



Then it spreads to your body.



The rash looks brown or red if you have white skin.



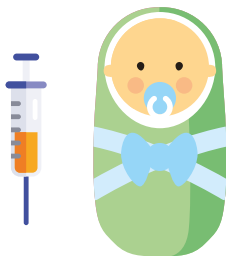
It can be hard to see the rash if you have brown or black skin.

# 4 Measles, mumps and rubella vaccine (MMR)

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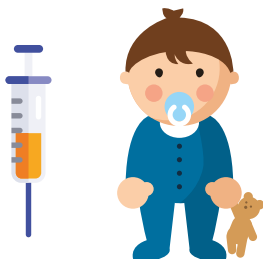


The MMR vaccine is an injection. It is the best way to protect you from measles.



Children get 2 injections of the MMR vaccine.

They usually get injection 1 when they are 1 year old.



They get injection 2 when they are 3 years old.



If your child has been close to someone with measles, they might need the MMR vaccine earlier than usual.



You can get the MMR vaccine at any age in case you missed it as a child.



# 5 What to do if you or your child becomes ill

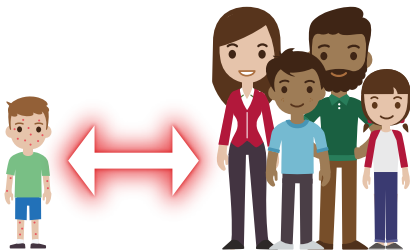
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If you become ill and think it could be measles, talk to a doctor on the phone and tell them about this letter.



Or you can get help on [NHS 111 online](https://111.nhs.uk/) (<https://111.nhs.uk/>).



If you get measles, you can give it to other people.

If you have measles, stay away from other people to stop measles spreading.



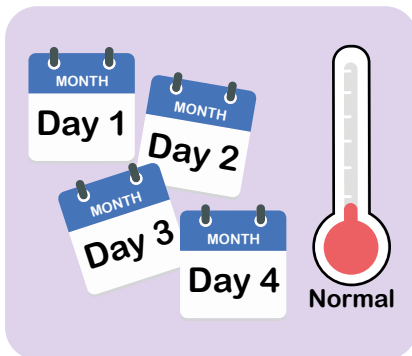
You can give measles to other people for 4 days after you get the rash.



If your child has measles, they should not go to school or nursery or to a childminder.



Do not go to places you usually go. This might be work, volunteering, college, or a day centre.



After 4 days you can carry on as normal if you feel better and you do not have a high temperature.

# 6 If you are not registered with a doctor (GP)

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You can learn how to join a doctor's surgery on the NHS website.



You can scan the QR code with your phone camera or visit:

<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>



Joining a doctor's surgery may be more difficult for some people.

A 'my right to healthcare' card can support this.



To access a card, scan the QR code with your phone camera or visit:

<https://groundswell.org.uk/all-resources/healthcare-cards/>



There is also a useful guide on finding healthcare.

To access this information, you can scan the QR code with your phone camera or visit:

<https://www.gypsy-traveller.org/advice-section/finding-healthcare/>