



## 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 a measles, mumps and rubella (MMR) vaccine to **PROTECT** you from catching measles.

#### What is measles?

- measles is a viral infection mainly found in children who have not had the MMR vaccine. Adults can also catch measles if they have not had the vaccine, or if they have not had measles before
- it begins with fever, cough, runny nose and red sore eyes that lasts for 2 to 4 days
- 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
- the measles rash may be harder to see on brown or black skin, but the skin may feel rough or bumpy



#### How do you catch measles?

- measles spreads very easily from person to person. You only need to be in contact for a few minutes to catch it
- a person with measles can spread the infection in the 4 days before they get the rash. Once a person has the rash, they can still spread the infection for another 4 days

#### MMR vaccine

- older children and adults who have not had the MMR vaccine can have 2 doses of MMR one month apart
- this gives you the best long lasting protection against mumps, measles and rubella. It also means you can't pass it on to partners, children, vulnerable adults, pregnant women or babies too young to have their MMR
- babies can only have their first MMR when they are one year old. They should then have their important second dose before they start school

#### What if you are pregnant?

- you cannot be given the MMR vaccine 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

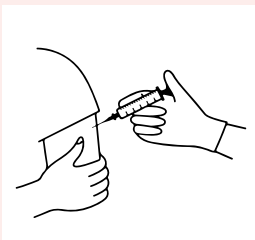


## Do you need the vaccine?

- anyone who does not have a record of 2 doses of the MMR vaccine should be offered the vaccine
- if you were born before 1970 in the UK you are likely to be immune from previous measles infection, but there is no harm in getting vaccinated

## 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
- some people do not like needles, but it is important to have your 2 doses of vaccine. It works well for some people to be vaccinated lying down for example. It is a very small needle and is a small sharp scratch. Don't let fear of needles stop you from getting the protection you need



**Everyone deserves protection from vaccine preventable infectious diseases.**

## Side effects of the MMR vaccine

The MMR vaccine is the safest way to protect you against measles, mumps and rubella.

The MMR vaccine is very safe. Most side effects are mild and do not last long, such as:

- the area where you had the injection looking red, swollen and feeling sore for 2 to 3 days
- around 7 to 11 days after the injection, babies or young children or adults may feel a bit unwell or develop a high temperature for about 2 or 3 days
- it's important to remember that the possible complications of infectious conditions, such as measles, mumps and rubella, are much more serious

## To provide protection the vaccine mimics the 3 infections it protects against:

- for example, some people may get a rash that looks like a mild form of measles around 6 to 10 days after vaccination
- some may get mild swelling of the face that looks like mumps or mild pains in the joints like rubella, 2 to 3 weeks after vaccination as it starts to work

These side effects occur in a small proportion of people after the first dose, they only last 2 to 3 days and are not infectious.

