



UK Health  
Security  
Agency

**NHS**

# A guide to measles for visitors to secure settings

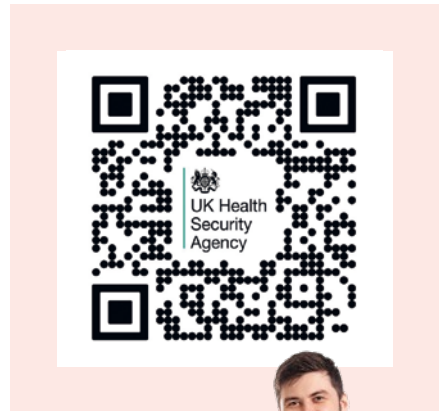
**Measles is circulating, it's very infectious and can make you very ill if you catch it. It's especially serious if you are pregnant, have a weak immune system or under 1 year of age.**

The number of young people catching measles has risen. It's never too late to be vaccinated.

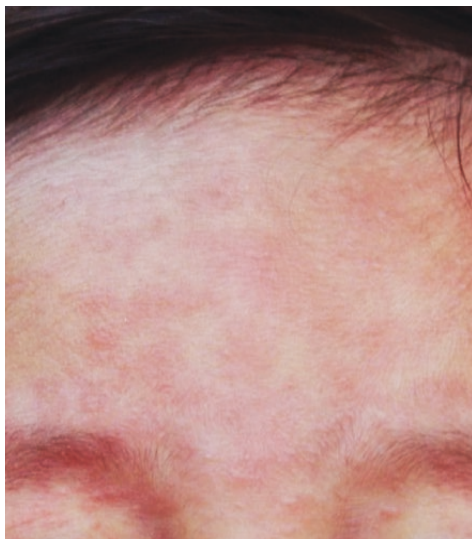
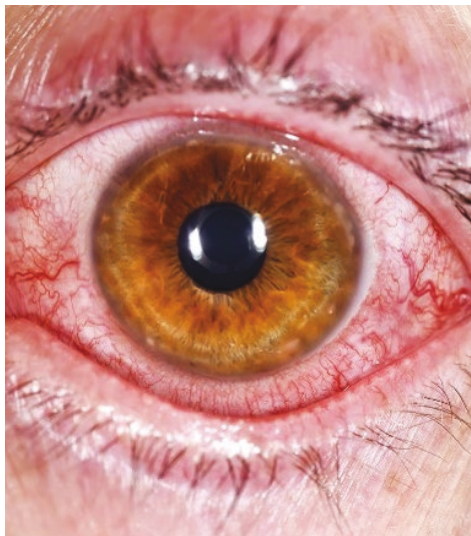
You need 2 doses of MMR one month apart to be fully protected against measles, mumps and rubella. It's time to make measles a disease of the past.

**If you are worried about you or your child's symptoms, please call NHS 111 or speak to your GP practice.**

**STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others.



**Measles symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.**



**For more information contact your local GP practice or visit: [www.nhs.uk/mmr](http://www.nhs.uk/mmr)**