

21 June 2018

Dear parent/carer,

**Information and advice about measles**

I am writing to tell you that a number of measles cases have recently been confirmed in north east and north central London including Newham. In this letter you'll find information and advice on how best to protect your family from measles.

Measles is a very infectious viral illness and can lead to serious complications if unprotected. Children are most at risk of getting measles but it can be prevented.

**MMR vaccination**

The best way to protect children against measles is by them having the measles, mumps and rubella (MMR) vaccine. The vaccine is given in two doses, when a child is one year old and a second dose before they start school.

If you have a child of school age who has not had two doses of MMR or you are unsure and/or you have recently moved to the UK from another country, please visit your GP or practice nurse to ensure they are vaccinated.

**How do I know if my child might have measles?**

Symptoms of measles include:

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red-brown rash, which usually appears after the first symptoms (above).

If you think that your child may have measles, please contact your GP immediately.

Children with measles are infectious for up to four days before and after the rash starts. They should be kept away from school/nursery or people who may be vulnerable (this includes pregnant women, people with weakened immune systems and infants under one year old) until after this time.

For more information, read the attached measles factsheet or visit the [NHS Choices website](#).

Yours sincerely

A handwritten signature in blue ink that reads "Livia Royle".

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