North Northamptonshire Council

Public Health
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Dear Parents & Carers,

You may have seen about Measles in the news lately so we thought that we would send you some information.

The news focuses mainly on London at the moment, but we are worried that measles may spread rapidly causing outbreaks.

In North Northamptonshire not as many MMR vaccines have been given as we would like. The figures show a good number have had their first MMR but then not had their second dose, these two doses provide immunity (protection) for a whole lifetime.

Measles is an illness which is very easily passed on to others. However, it is very easy to prevent too. The MMR vaccine (Measles, Mumps and Rubella, which is also known as German Measles) is usually given at 1 year old and a second dose at three years old – see the vaccinations your or your child should have and when here UK immunisation programme | North Northamptonshire Council (northnorthants.gov.uk)

This tells you more about the MMR MMR (measles, mumps and rubella) vaccine - NHS (www.nhs.uk)

If you are not sure if your child or children has had their MMR you can check in your child's red book, or contact your GP surgery. Or you can go here eRedbook - The Digital Red Book For Parents

If your child is over 13 you can access online records. You can do the same for yourself using the NHS app or NHS website. First, you need to register for online services and prove who you are. You can do this when you create an account. How to get your medical records - NHS (www.nhs.uk)

Don't worry if you or your child are not up to date, these can be given at any time at your GP Practice. You do not need a Drs appointment as the MMR can be given by other staff such as nurses. It won't cost you anything as its free on the NHS.

These are the main signs and symptoms to look out for Measles - NHS (www.nhs.uk)

If your child is unwell and you suspect it might be measles call 111 or let your GP

practice know, they may do a phone appointment with you. This is because measles is easily passed on to others.

You may be asked to do a test for measles (and mumps and rubella) infection and send it off. This is done by gently brushing the teeth and gums with a sponge on a stick (swab) and is painless even in young children or babies.

If you think you have measles stay off nursery, school, or work for at least 4 days from when the rash first appears.

Also try to avoid close contact with babies, people who are pregnant and people with weakened immune systems, these are especially at risk from measles.

Susan Hamilton

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North Northamptonshire Council