

Measles is spreading in areas of London.

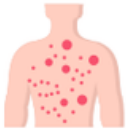
What is measles?

Measles is a harmful illness caused by a virus. Measles can be dangerous for:

- Babies
- Young children
- Pregnant women
- People with weak immune systems



Signs and symptoms



Rash



Fever



Loss of appetite



Sore, red eyes



Cough

Measles often starts like a bad cold

After 2 to 4 days, a red rash appears

- The rash starts on the head and moves down the body
- The rash is not itchy
- On darker skin, the rash may be harder to see. It may look purple, grey, white or darker than the skin.



Why is measles dangerous?

Measles spreads very easily

- If 10 people who have not had the vaccine are close to someone with measles, 9 of them will get sick 

Measles can lead to serious health problems, such as:

- Hearing loss
- Eye problems and blindness
- Chest infections (pneumonia)
- Swelling of the brain
- Death

How to stay safe?

- The best way to stop measles is the MMR vaccine
- You need 2 doses for the best protection
- There is no link between the vaccine and autism.

How does the MMR vaccine work?

The vaccine contains weakened measles, mumps and rubella viruses. They are too weak to make you sick, but your body can still notice them.

Your immune system then:

- Detects the weakened viruses.
- Practises fighting viruses by making antibodies that remember them.
- Stores this memory so it can quickly fight off the real viruses in future.

This protects you without you becoming seriously ill.

If you think you or your child has measles:

**Call NHS 111 or contact your GP urgently
Stay away from others until you get medical advice**

Where to get the vaccine?

Check whether your family have had the vaccine. If you are unsure whether you or your child has had the MMR vaccine, ask your GP.

Children aged 6-19 years old can get the vaccine at Vaccination UK catchup clinics. Scan the QR code or visit:

<https://www.schoolvaccination.uk/catch-up-clinics/catch-up-newham>

