

think measles

It's not just a kids' problem

Teenagers, young adults and anyone who has missed their MMR vaccination can get measles.

Symptoms such as:

- high fever
- rash – sometimes starting around the ears
- sore red eyes
- cough
- aching and feeling unwell

Remember, if it could be measles – they need to be in an area where they cannot pass the infection to vulnerable patients such as the immunocompromised and pregnant women.

For more information go to nhs.uk/vaccinations



If you think you've got
measles
call ahead

Have you got a rash and do you feel very unwell – don't go to the surgery, walk in centre or your local accident and emergency department – **Call ahead**, that way if you do have measles – you won't pass it on to others – it can be a fatal disease if someone has a weak immune system and can't fight it off – if a pregnant woman catches measles – it can harm her baby.

Measles is serious, call ahead and get advice.

For more information visit: www.nhs.uk/vaccinations



Measles is circulating

- measles is extremely infectious and can be serious
- Make sure your children get two MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up-to-date
- if you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others

- symptoms 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
- go to [nhs.uk](https://www.nhs.uk) for more measles information

