



# One minute guide to...

## MEASLES

### What is Measles?

Measles is a viral infection which can spread very easily and can cause serious problems in some people. Measles was uncommon in the UK due to the effectiveness of the MMR vaccine programme, however, due to the COVID-19 pandemic, vaccine uptake rates for routine childhood programmes have fallen, meaning less children are protected, and more children vulnerable to this potentially fatal disease at home and abroad.

### How to prevent it?

**Having the free, safe, and effective MMR Vaccine via your GP offers the best way to prevent Measles.** 2 doses of the MMR vaccine offer lifetime protection against Measles, Mumps and Rubella (German Measles).

### What are the symptoms?

Measles usually begins with cold-like symptoms:

- high temperature
- runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

Small white spots may appear inside the cheeks and on the lips a few days later and may last a few days.

A rash also usually appears a few days after the onset of other symptoms:

- starting on the face and behind the ears, but usually not with an itchy feeling
- spreading to the rest of the body
- the spots of the rash are sometimes raised and join together to form blotchy patches.

### How to avoid catching Measles?

- wash hands often with soap and hot water
- use tissues when coughing or sneezing.
- throw used tissues in the bin.
- **Do not share cutlery, crockery, towels, bedding, or clothes.**

### Who to contact:

An urgent GP appointment should be made for:

- a child or adult who is thought to have measles.
- anyone who has been in close contact with someone who has measles, who has not had measles before or not had 2 doses of the MMR vaccine.
- anyone who may be pregnant- measles can be serious in pregnancy.
- anyone with a weakened immune system.

GP surgeries may suggest talking to you over the phone. You can also get online advice from/or by calling: [Get help for your symptoms - NHS 111](#)).

It is important that the child or adult **does not attend the setting for at least 4 days from when the rash started.**

It is likely that any child or adult who has not had at least one dose of MMR and comes into close contact with a person with measles will be required to stay at home and not attend nursery, school or work for **21 days.**

### Further Information:

NHS information: [Measles - NHS \(www.nhs.uk\)](#)

Vaccination information: [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](#)

[NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](#)

[Why vaccination is safe and important - NHS \(www.nhs.uk\)](#)

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Working for Cumberland Council and  
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