

Measles is a very infectious virus, which spreads quickly if people have not had the MMR vaccine. Two doses of MMR are needed for maximum protection. A version of MMR is available which does NOT contain pork ingredients.

Measles can cause severe illness, especially in certain at-risk groups including babies and small children, pregnant women, and people with weak immunity. Complications could mean hospitalisation, permanent disability, and in rare cases, it can even cause death.

cold-like symptoms such as runny or blocked nose, sneezing and cough

red, sore watery eyes

high temperature (fever) which may reach around 40°C / 104°F

a non-itchy, red-brown rash usually appears 3-5 days later (sometimes starts around the ears before spreading to rest of the body), spots may be raised and join to form blotchy patches – which may be harder to see on darker skin tones

If children have symptoms of measles, please tell them to stay at home or return home.

Suspected measles may cause concern. Advice is available on the NHS website, UK Health Security Agency (UKHSA) webpages, NHS 111 and from the person's GP. Please advise parents NOT to go to their GP practice or any other healthcare provider – instead, they should phone for advice and say it could be measles.

Please follow UKHSA guidance.

If \_\_\_\_\_ have measles, they should be off school until after the rash begins

Contacts of cases at higher risk of developing measles (eg unvaccinated siblings) should be advised to self-exclude from school for the incubation period

UKHSA will support in the risk assessment and advise on actions that need to be taken.

If in doubt, follow the

[Phe.wmarc@nhs.net](mailto:Phe.wmarc@nhs.net) – if you need to send sensitive information

If your setting needs any further support or resources to have this conversation, or if you have any further questions, please email [HPTeam@birmingham.gov.uk](mailto:HPTeam@birmingham.gov.uk) or the Birmingham and Solihull All Age Immunisations and Vaccinations team on [BSOLCovid-19VaccinationSVOC@uhb.nhs.uk](mailto:BSOLCovid-19VaccinationSVOC@uhb.nhs.uk)