

Thursday 26<sup>th</sup> September 2024

Dear Parents/Carers

**Re: Information on measles**

You or your child may have had contact with a person who has measles. This means that if you or your child are not fully vaccinated against measles with 2 doses of the measles, mumps and rubella (MMR) vaccine, you or your child may be at risk of developing measles. This letter provides information about what you should do to protect your health and others around you.

Measles is an infection that spreads very easily. It can occur suddenly, and people can become unwell quickly. At the end of this letter, there is more information about measles – please read this to learn more about the symptoms of measles, how it spreads and about vaccination against measles. There is also further information available about measles at [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles).

**When to speak to your GP**

Some people need to ask their doctor for advice as soon as possible:

**People with a weak immune system**

If you have a weakened immune system, you should contact your GP and tell them that you may have been in contact with someone who has measles. Your doctor may want to do a test to find out if you are protected from measles, or give you treatment to reduce your risk of becoming unwell.

**Pregnant women**

If you are pregnant and think you may have missed a dose of the MMR vaccine, or are unsure if you have had the vaccine, contact your doctor or midwife and tell them that you may have been in contact with someone who has measles.

**Children aged under 12 months old**

If your child under 12 months old attended Enfield Heights Academy at the same time as someone who has measles, please contact your GP for advice.

**People who become unwell**

You should speak to your GP or NHS 111 if you or your child get a high temperature with a cough, runny nose, sore red eyes or rash in the 3 weeks after attending Enfield Heights

Academy at the same time as someone with measles. You should try to call your GP or NHS 111 before visiting them in person. This is to avoid spreading measles to others.

Tell your doctor that you or your child has received this letter and may have been in contact with someone who has measles. It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

**People who have not had 2 doses of the MMR vaccine**

If you are unsure if you or your child have had 2 doses of the MMR vaccine, which will protect you against measles, contact your GP to arrange vaccination. If you have missed a dose you can still be vaccinated at any age. Please see further information on the MMR vaccine in the factsheet.

**When can you return to normal activities if you have measles**

Someone who has measles can spread the infection in the 4 days before they get the rash. Once they have a rash, they can still spread the infection for another 4 days.

If someone is thought to have measles, they should stay away from their education or childcare setting, or work, for at least 4 days from when the rash first appears. They should also avoid close contact with infants under 12 months, people who are pregnant and people with weakened immune systems.

Kind regards,

***S D'Ogullari***

Serin D'Ogullari

Lead Medical Officer