

Measles Action Card: Suspected Measles – Nurseries & Early Years Settings

What is measles?

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 – MMR is not usually given until around a child's first birthday. 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.

What are the symptoms of measles?

- 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

What do I do if a child has suspected measles?

If children have symptoms of measles, please tell them to stay at home or return home. **Please advise parents they should not bring their children with measles symptoms to the setting.**

Suspected measles may cause concern. Advice is available on the NHS website, 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.

Children under one year of age are unlikely to have been vaccinated, therefore care should be taken in mixing age groups with children below one year.

Preventing and controlling infections

Please follow UKHSA guidance. **USE THIS QR CODE** or **click on this link** [National measles guidelines October 2023](#) and go to page 36, and take note of the following:

- If **pupils or staff** have measles, they should be off school until **4 days** 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 (**21 days after contact with a case of measles**)
- UKHSA will support in the risk assessment and advise on actions that need to be taken.



Measles is a notifiable disease

If in doubt, follow the '[Think Measles guidance](#)' and ensure that you report a possible case to the **UKHSA West Midlands Health Protection Team:**

Call: 0344 225 3560 (option 2)

Email: Westmidlands.arc@ukhsa.gov.uk

If your setting needs any further support, UKHSA will work in partnership with the Solihull Council's Public Health team and with the local NHS.

