

# Think Measles!

## What is measles?

Measles is a very infectious virus, which spreads quickly if people are not protected against it. Measles is currently continuing to spread across the West Midlands. Two doses of the Measles, Mumps and Rubella vaccine (MMR) are needed for maximum protection.

A version of MMR is available which does NOT contain pork ingredients. **Many rigorous scientific studies have confirmed there is no link between MMR and autism.**

Measles can cause severe illness in people who are not protected, especially in certain at-risk groups including babies and small children, pregnant women, and people with weakened immune systems. Complications could mean hospitalisation, permanent disability, and in rare cases, it can even cause death.

## Preventing and Controlling infections

Measles is highly infectious: 9 out of 10 unprotected individuals contract the illness when exposed to it. Anyone that is not protected and exposed to measles may be asked to stay at home for a number of days. There is no specific treatment for measles.

**The best protection is through two doses of the MMR vaccine. The MMR can be given at any time after a child turns 13 months and parents can book via their GP. The best way to protect babies under 1 is to ensure everyone around them is immunised.**

## Measles is a notifiable disease

In the event of an outbreak, the UK Health Security Agency (UKHSA) will support in the risk assessment and advise on actions that need to be taken.

If in doubt, follow the '[Think Measles guidance](#)' and ensure that you report a case of measles to the UKHSA West Midlands Health Protection team.

**Call: 0344 225 3560 (option 2)**

**Email: [wmmeaslescell@ukhsa.gov.uk](mailto:wmmeaslescell@ukhsa.gov.uk)**

## 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 40C / 104F
- A non-itchy, red-brown rash usually appears 3-5 days later (sometimes starts around the ears), spots may be raised and join to form blotchy patches – which may be harder to see on darker skin tones.

## What to do if someone has measles symptoms?

If someone has symptoms of measles, please advise them to stay at home and not attend any setting where it could be spread to others.

**If someone thinks they have measles, they should call their GP or 111.** People should not go to their GP practice or any other healthcare provider without calling in advance – they should phone their GP or 111 for advice and say it could be measles.

If an early years setting is experiencing an outbreak of cases of infectious disease (2 or more cases), the setting should call the UK Health Security Agency (UKHSA) on 0344 225 3560 (option 2).

Advice is also available on the [NHS website](#) and [UKHSA webpages](#).

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

For more information, scan:

