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17<sup>th</sup> December 2024

Dear Parent/ Guardian,

### Re: Information on measles

There has been a recent increase in measles cases in the Bristol and South Gloucestershire area.

Measles is one of the most highly communicable infectious diseases and can cause severe illness, especially in certain at-risk groups including babies and small children, pregnant people, and those with weak immunity.

As we are coming up to the Christmas holidays, we thought it would be helpful to remind parents and guardians of the signs and symptoms of measles so that they can take appropriate action should their child become unwell over the holidays.

### What you need to do if you think your child has measles

If your child develops the [symptoms of measles](#) (see below and follow link)

1. **See your doctor if you are worried:** 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. **You should call your GP or NHS 111 before visiting them in person.** This is to avoid spreading measles to others.
2. **Avoid spreading measles:** 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.
3. **Avoid vulnerable people:** They should also avoid close contact with infants under 12 months, people who are pregnant and people with weakened immune systems.

### 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 below.

You can find further information at [Measles - NHS](#) and in the fact sheet below.

Dr Toyin Ejidokun  
Consultant in Health Protection

## Measles factsheet

### What measles is

Measles infection is caused by a virus, and spreads between people very easily. Once symptoms start, people can become unwell quickly. You can get measles at any age, but it is often young children who catch it.

### How measles spreads

You can catch measles through close contact with someone who has measles. This could be from the air when they cough or sneeze, or by touching things that someone with measles has coughed or sneezed on. Measles spreads very easily in households and in other places where people mix closely together.

You can be protected from catching measles if you have had 2 doses of the measles, mumps and rubella (MMR) vaccine, or if you have had the infection before.

A person with measles can spread the infection in the 4 days before they get the rash until 4 days after they develop their rash.

### Symptoms of measles

Symptoms of measles usually start between 10 and 12 days after catching the infection. Sometimes it can take up to 21 days for any symptoms to appear.

Measles usually starts with cold-like symptoms. The first symptoms of measles include:

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

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

A rash usually appears 2 to 4 days after the cold-like symptoms started. The rash starts on the face and behind the ears before spreading to the rest of the body.

The spots of the measles rash can sometimes be raised. They may join to form blotchy patches. They are not usually itchy.

The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

## How serious is measles?

Around 1 in 15 people with measles can become seriously unwell. Younger children, pregnant women and people with weakened immune systems are more likely to become seriously unwell.

The more serious complications of measles can include:

- ear infections
- lung infection (pneumonia)
- diarrhoea
- dehydration
- fits (which are less common)

Measles infection during pregnancy can result in the loss or early birth of the baby.

## Preventing measles

Having the MMR vaccine is the best way to prevent measles.

The vaccine is usually given to children in two doses. The first dose is given to children aged 12 months old, and the second dose is given after they are 3 years and 4 months old.

If your child is identified as a close contact of someone with measles, sometimes your doctor may recommend the MMR vaccine is given earlier than these scheduled doses. If a dose is given to an infant aged under 12 months then the usual 2 doses of MMR still need to be given at the usual times (with a minimum of 1 month gap between any doses).

If someone has missed a dose or are unsure if they have had any vaccinations, the vaccine can be given at any age. Parents and guardians can check their child's red book for their vaccination records.

Pregnant women or people with weakened immune systems should not have the vaccine. If they think they have had contact with someone with measles they should speak to their GP or midwife for further advice.

For more information on MMR vaccinations visit:

<http://www.nhs.uk/conditions/vaccinations/mmr-vaccine>

## Staying away from other people if you are unwell with measles

A person with measles can spread the infection in the 4 days before they get the rash. Once a person has the rash, they can still spread the infection for another 4 days.

If you have been told by a healthcare professional that you might have measles, you should stay away from childcare, school or work for at least 4 days from when your rash first appeared. You can return to your normal activities after 4 days if you feel well and you no longer have a temperature.

### **Treatments for people with measles**

Measles usually starts to get better in about a week.

It can help to rest and drink plenty of fluids, such as water, to avoid dehydration.

Measles can sometimes cause other illnesses. You may be given antibiotics to treat them.

If you have been told by a healthcare professional that you might have measles and think that you or your child are developing more serious health effects, you should contact your GP.

### **Further information on measles is available at:**

<http://www.nhs.uk/conditions/measles>