12 October 2017

Dear Parent / Carer,

**Measles circulating in Gloucestershire nurseries**

We are writing to inform you that we have seen a rise of measles cases in the Gloucestershire community and most recently in nurseries in the area.

To be protected, children should have two doses of MMR. To prevent your child becoming ill with measles, please make sure they are up to date with the MMR vaccine.

**MMR vaccination schedule**

<table>
<thead>
<tr>
<th>Age</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 Months</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; dose of MMR</td>
</tr>
<tr>
<td>3 years and 4 months</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; dose of MMR</td>
</tr>
</tbody>
</table>

If you are unsure about the vaccination history of your child, you should contact your GP to ask and arrange a catch up if necessary.

Measles is highly infectious and can cause serious illness for some people who have certain health conditions.

Symptoms of measles include the following:

- Cold-like symptoms such as runny nose, red, watery and painful eyes (conjunctivitis),
- High temperature,
- Aches and pains,
- Dry cough,
- Red-brown spotty rash that usually starts behind the ears and spreads to the head and neck or to the rest of the body.

If your child has any of these symptoms, it is very important to take the following steps to prevent spreading the disease to others:

- Please telephone your GP surgery in the first instance. It is also very important not to go to your GP Practice as you risk passing on the infection to others in the waiting room.
- Please keep away from nursery and others, for four days from when the rash first appeared.

- You should also ensure that your child avoids coming into contact with other persons who may be particularly vulnerable. The risk of very serious illness is especially greater in unborn babies of pregnant women, newborn babies, persons with HIV/AIDS, leukaemia and those on cancer drugs.

There is no need to close the nursery. We would like to remind you to check with your GP that your child is up-to-date with their immunisations especially the MMR (Measles, Mumps and Rubella) vaccine to ensure that they are protected against those diseases.

If you haven't had two doses of the MMR, it's never too late for a catch up vaccine, just contact your GP to arrange.

Further information about measles and MMR can be found in the attached document or by visiting http://www.nhs.uk/conditions/measles/Pages/Introduction.aspx

Yours sincerely

Dr Toyin Ejidokun  
Consultant in Communicable Disease Control  
Public Health England SouthWest