

Measles is circulating in the Watford area

- Measles is extremely infectious and can be serious.
- Make sure your children get **two** MMR vaccines on time; the first at 1 year of age and the second at 3 years, 4 months.
- If you or your children missed these vaccines, it's not too late. Ask for the free vaccine from your family doctor (GP) if you or your children aren't up to date.
- If you or your children have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. Stay away from GP surgeries and A&E departments – you could spread the illness to others.
- Symptoms include high fever; sore red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red-brown rash, which usually appears after the first symptoms.
Go to <https://www.nhs.uk/conditions/measles/> for more measles information.
- If you or your child have measles you should stay at home and avoid contact with vulnerable people. You cannot go to school, nursery or work whilst you are ill and for 4 days after the rash appears. If you have other children in the household and they have not had two MMR vaccinations they are at high risk of developing measles and should be kept home from school or nursery for 21 days. This is because it takes time for symptoms to develop and children can be infectious before the rash appears.

Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough

