

MEASLES ADVICE INFORMATION

What do parents and carers need to know:

You may have seen measles in the news recently. This is because there has been a rise in the number of measles cases in England, particularly in London and the West Midlands.

Measles is highly infectious and can make people seriously unwell. One-in-five children with the disease are hospitalised and on rare occasions, measles can be fatal.

Kent health leaders are urging parents and carers to make sure their children are up-to-date with their MMR vaccinations. Two doses of MMR provide life-long protection.

Parent and carers of children in Years 8 and 11 will be automatically contacted by the School-aged Immunisation Service to catch up on missed MMR doses if they are already scheduled a vaccine. Parents should look out for a letter from the Kent Community Health NHS Foundation Trust's School (KCHFT) School-aged Immunisation Service and give consent.

If your child isn't in Years 8 and 11 you should check your child's red book to see what vaccinations they have had or ask your GP practice. You can make an appointment with your GP practice to catch up on any missed doses, or call the School-aged Immunisation Service to arrange a vaccination. Their contact details are 0300 123 5205 or kchft.cyp-immunisationteam@nhs.net.

The early symptoms of measles include a high fever, sore red, watery eyes, coughing, a runny nose, aching and feeling generally unwell. [Find out more about the symptoms of measles on the NHS website.](#)

If you have symptoms of measles stay at home and phone your GP practice or NHS 111. This will help prevent spread of the disease.

NHS toolkit and MMR

NHS Kent and Medway is encouraging parents and carers to [download the NHS toolkit](#) for five to 11-year-olds.

This digital booklet has useful information about where to go for health help and advice on common childhood health problems.

It also has information about looking after your child's mental health and vaccinations, including the Measles, Mumps and Rubella (MMR) vaccine.