

30 June 2025

Dear Parent or Guardian

**Measles is on the increase in Merseyside – make sure your child is vaccinated.**

Measles is an infection that spreads very easily. It can cause serious illness in some people and rarely can spread to the lungs or the brain. Babies and pregnant women are at increased risk of harm. Having the MMR vaccine is the best way to prevent measles.

Measles usually starts with a runny nose, sneezing, coughing and a high temperature. It may cause red, sore eyes. The measles rash follows a few days later, starting on the face and behind the ears before spreading to the rest of the body. There may be small white spots inside the cheeks.

If you suspect your child has measles, phone your GP or NHS 111 for advice. Do not go directly to the GP practice as measles is highly infectious. Do not send them to school or childcare.

People of any age can catch measles if they have not been vaccinated. Two doses of the MMR vaccine give lifelong protection against measles, mumps and rubella. The MMR vaccine is safe. The first dose is given at the age of 12 months and the 2<sup>nd</sup> dose is given at 3 years and 4 months old.

Ask at your GP practice if you're not sure you or your child have had the vaccine. You can also check your child's Red Book. Your GP practice can give it for free on the NHS. It is never too late to catch up – you can be vaccinated at any age. If you have any questions about MMR, the nurse will be happy to answer these at your appointment.

You can find further information on MMR and other childhood vaccinations here:

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

For further information about measles visit <https://www.nhs.uk/conditions/measles/>

Kind regards,



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