

Measles



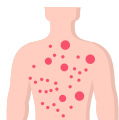
What is measles?

Measles is a serious illness caused by a virus

It can be dangerous for:

- Babies
- Young children
- Pregnant women
- People with weak immune systems

Signs and symptoms



Rash



Fever



Loss of appetite



Sore, red eyes



Cough

Measles often starts like a bad cold:

- Runny nose
- Cough
- Red, watery eyes
- Fever
- White spots inside the mouth
- Feeling tired and unwell

After 2 to 4 days, a red rash appears

- The rash starts on the head and spreads down the body
- The rash is not itchy

Why is measles dangerous?

Measles spreads very easily

- If 10 unvaccinated people are near someone with measles, 9 will catch it



- The virus spreads when someone coughs or sneezes
- It can stay in the air for up to 2 hours

Measles can lead to serious problems, such as:

- Hearing loss
- Swelling of the brain
- Eye problems and blindness
- Death
- Chest infections (pneumonia)

How to stay safe?

- The best way to stop measles is the MMR vaccine
- You need 2 doses for the best protection
- The vaccine works for 99% of people
- You can get the MMR vaccine at any age

If you think you or your child has measles:

Call NHS 111 or contact your GP urgently

Stay away from others until you get medical advice

Where to get the vaccine?

- If you are unsure whether you or your child has had the MMR vaccine, ask your GP

Children can get the vaccine at Vaccination UK catchup clinics:

www.schoolvaccination.uk/catch-up-clinics/catch-up-enfield

For more advice about measles:

www.nhs.uk/conditions/measles



Join Us

Measles Webinar

Morning webinar

Tuesday 10th February | 9.30am - 10.30am

[Join here](#)

Evening webinar

Tuesday 10th February | 6pm - 7pm

[Join here](#)

Translated captions will be available in 4 languages
Romanian, Bulgarian, Polish and Turkish