

**Public Health Directorate**

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Dear Parents and Guardians

As you may have seen in the news, the West Midlands is currently experiencing a large outbreak of measles with a rapid rise in cases. UK Health Security Agency (UKHSA) has therefore declared a national incident. While the outbreak has not yet spread to Cambridgeshire and Peterborough, we need to be prepared in case this happens.

Two doses of the MMR vaccination give long-lasting protection against measles, mumps and rubella. Now is a good time to check that your child is up to date with their MMR vaccinations. You can do this by looking at their personal health record (Red Book) or by asking your GP. Children who have missed their routine MMR vaccination can catch up at any age so please book an appointment at your GP as soon as possible. You can request a version of the MMR vaccine that does not contain pork products from your GP, making it suitable for all faiths.

The Community and School Age Immunisation Service is running walk-in vaccination clinics for children who are not up to date with their MMR vaccinations. Details of upcoming clinics can be found here: <https://www.cpics.org.uk/measles>. Please check your child's vaccination status before attending one of these clinics.

If your child is identified as a close contact of a measles case and they do not have satisfactory vaccination status, they may be asked to self-isolate for up to 21 days, during which they will not be able to attend school or childcare. Children who are fully vaccinated do not need to be excluded from school or childcare. If a child catches measles they will probably feel quite poorly and be off school for around 10 days. Vaccination can help keep your child in school.

Measles is a highly infectious disease that can lead to serious problems such as pneumonia, meningitis and seizures (fits). Complications are rare but some people are more at-risk including babies, people with weakened immune systems and pregnant women. Measles symptoms to be aware of include:

- High temperature
- Cough
- Sore, red, watery eyes
- A blotchy red brown rash, which usually appears after the initial symptoms
- Spots in the mouth

Further information on measles and what to do if you think your child has measles can be found here: <https://www.nhs.uk/conditions/measles/>.

Please help us stop the spread of measles.

Yours sincerely

A handwritten signature in black ink that reads "Jyoti Atri". The signature is written in a cursive style.

**Jyoti Atri**  
Executive Director: Public Health