

3<sup>rd</sup> July 2025

Dear parents or guardians

**Measles is on the increase in Cheshire & Merseyside – make sure your child has received two doses of the Measles, Mumps, & Rubella (MMR) vaccine for full protection.**

Measles is an infection that spreads very easily. It can cause serious illness in some people and in rare cases, spread to the lungs or the brain. Babies and pregnant women are at increased risk of harm. Having two doses of 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 will appear 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 you or your child has measles, phone your GP or NHS 111 for advice. Do not go directly to the GP surgery as measles is highly infectious. Do not send children to school or childcare if you think they have measles.**

People of any age can become infected with measles if they have not been fully vaccinated. Two doses of the MMR vaccine provides lifelong protection against measles, mumps, and rubella. The MMR vaccine is safe and effective. The first dose is given at the age of 12 months, and the 2nd dose is given at 3 years and 4 months old.

Ask at your GP surgery if you're not sure whether you or your child has been fully vaccinated. You can also check your child's Red Book. Your GP surgery can administer the MMR vaccine to you and your child 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 the MMR vaccine, a nurse will be happy to answer them at your appointment.

You can find further information about the MMR vaccine and other childhood vaccinations here: [NHS vaccinations and when to have them - NHS](#)

For further information about measles, visit [Measles - NHS](#)

Kind regards,  
Julia Rosser  
Deputy Director of Public Health