

Public Health
County Hall
Chelmsford
CM1 1QH



Date: 19th January 2024

Dear Parent / Guardian

re: Measles

Cases of measles are increasing in England currently. If your child has not been fully vaccinated with the MMR vaccine it is a good time to get this done to protect them. This can be arranged through the child's GP practice. You can check your child is up to date with their MMR vaccinations by looking at their personal health record (Red Book) or by asking their GP.

The early symptoms of measles can look like other illnesses: runny nose; cough; conjunctivitis. The child may also have a high fever. The distinctive rash of measles begins around day 3 of the illness, a rash of flat red or brown blotches appear, beginning on the face, behind the ears and spreading over the body.

Any child thought to have measles should not be sent to school. Where possible NHS 111 or the GP should be phoned for advice, rather than visiting the surgery or A&E. This is to avoid passing the infection on to others. Further details about measles can be found at <https://www.nhs.uk/conditions/measles/>.

Yours faithfully

A handwritten signature in black ink that reads "Danny Showell".

Danny Showell
Public Health Consultant