

## Important information from the Director of Public Health

Dr Will Maimaris

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Dear Parent/Guardian,

**Measles update: getting your child vaccinated can prevent them from being sent home from school to self-isolate.**

We continue to see an increase in Measles circulating in London. Please make sure your child's Measles, Mumps and Rubella (MMR) vaccinations are up to date as they start at or return to school.

**Measles is highly contagious and can lead to complications such as ear and chest infections, fits, diarrhoea, damage to the brain, long term disability or death. It's vital that missed vaccinations are caught up.**

Your child is up to date with their MMR vaccinations when they have had two doses of this vaccination. The MMR vaccine has been delivered for decades and many studies demonstrate it is safe and effective. The evidence is clear that there is no link between the MMR vaccine and autism. The vaccine provides your child 99% life-long protection and helps to reduce further spread of the infection in our community.

**If your child is identified as a close contact of someone with measles and your child is not fully vaccinated against MMR (both doses), your child may be asked to self-isolate for up to 21 days. This could mean your child missing school for up to 21 days.**

**However, children who are fully vaccinated will not be excluded from school as they are well protected and will not continue to spread the infection. Vaccination can help keep your child in school.**

Spending 15 minutes or more in direct contact with someone infected with measles is enough to spread the infection. Measles symptoms are:

- High Fever
- Sore, red, watery eyes
- Coughing
- Aching and feeling generally unwell
- A blotchy red/brown rash, which usually appears after the initial symptoms

**A child with measles will infect almost all unprotected people they come into contact with. Measles is not just a problem for young children, anyone whose immunity is weakened and pregnant women are at increased risk of severe disease if unprotected by vaccination**

Anyone with symptoms that could be measles is advised to stay at home (from work or school) and phone their GP or NHS 111 for advice, rather than visiting their GP practice or A&E. This is because measles spreads very quickly and easily and so it is important to try and prevent the illness spreading further.

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 your GP practice. If your child is not up to date, make an appointment for your child to have the vaccination as soon as possible (see details on how to make an appointment below).

Yours Sincerely,

A handwritten signature in black ink, appearing to read 'W Maimaris', with a stylized, wavy line extending from the end.

Dr Will Maimaris,  
Director of Public Health

## Frequently Asked Questions and Other Advice & Useful Information

### Is the MMR vaccine safe and effective?

These vaccinations have been administered for decades and are considered safe and effective at preventing illness. Many studies have taken place to look at the safety and effectiveness of the MMR vaccine. The evidence is clear that there is no link between the MMR vaccine and autism.

### My child is school-aged, how do I get them vaccinated?

If your child is in Primary or Secondary school in Haringey, you can book into a clinic online with the school-aged immunisations provider Vaccination UK:

<https://www.schoolvaccination.uk/catch-up-clinics/polio-mmr-catch-up-clinics>

or <https://www.schoolvaccination.uk/catch-up-clinics>

Alternatively, you can book an appointment by calling 0208 017 4292.

### Other useful advice & information

- Washing your/your children's hands with soap and water or using hand sanitiser regularly throughout the also helps you avoid catching and spreading viruses.
- As a parent/adult, if you are unsure of your own vaccination status/not protected against Measles, check with your GP. **It's never too late to get vaccinated!**
- For further information about Measles infections, please check out the information below:  
<https://www.nhs.uk/conditions/measles/>
- For further information about the vaccine and vaccines schedule:  
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>  
[www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them](https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them)