

Think measles!

Vaccination rates have fallen, and cases of measles are increasing.

Measles is highly infectious, the most infectious of all diseases transmitted through the respiratory route. Measles can be severe, particularly in immunosuppressed individuals and young infants. It is also more severe in pregnancy, and increases the risk of miscarriage, stillbirth, or preterm delivery:

The UK Health Security Agency (UKHSA) has said the risk of a measles epidemic across the UK is considered small - but there are now growing concerns over a rise in confirmed cases. For more information follow the link to

National measles guidelines

<https://www.gov.uk/government/publications/national-measles-guidelines>

How to manage cases of suspected measles: what patient details to take, who to notify and assessing risk of disease spreading in close contacts.

More detailed information about Measles and school trips can be found [advice on measles and school trips](#).

Measles is a notifiable disease in England and Wales. You must inform local health protection Unit (HPU) of suspected cases.

Having the MMR vaccine is the best way to prevent it.

Watch out for
MEASLES
Symptoms & Prevention



The illustration shows a young boy with dark hair, wearing a yellow t-shirt with a white star and blue shorts. He has several red spots (rash) on his face, arms, and legs, and is scratching his head with a worried expression.

Symptoms	Prevention
◆ High temperature	◆ Wash your hands frequently with an alcohol-based rub
◆ Runny or blocked nose	◆ Cover your nose and mouth when coughing or sneezing
◆ Cough and sneezing	◆ Avoid sharing food, water, utensils and other items contaminated by saliva
◆ Red, watery eyes	◆ If you are infected, isolate at home for at least 4 days
◆ White spots inside the mouth	◆ Avoid contact with people who are vulnerable to the infection
◆ Red rashes appearing 3-5 days after symptoms begin	◆ Give infants the first dose of MMR (measles, mumps, rubella) vaccine between 12 and 15 months
◆ Potential measles contacts urged to call Healthline	