



UK Health
Security
Agency

NHS

Think measles!

Measles is circulating, it's very infectious and can make you very ill if you catch it. It's especially serious if you are pregnant, have a weak immune system or under 1 year of age.

If you are unvaccinated and get measles you can easily spread the illness to anyone unvaccinated.

You need 2 doses of MMR at least one month apart to be fully protected against measles, mumps and rubella. It's time to make measles a disease of the past.

It's never too late to be vaccinated.

Measles symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.

If you or your child have symptoms of measles, speak to your health team.



For more information speak to your health team, read the leaflet from the QR code or visit:

www.nhs.uk/mmr