



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](http://www.nhs.uk/mmr)**

