



UK Health  
Security  
Agency

**NHS**

# Think measles!

**Measles is circulating, it's very infectious and can make you very ill if you catch it.**

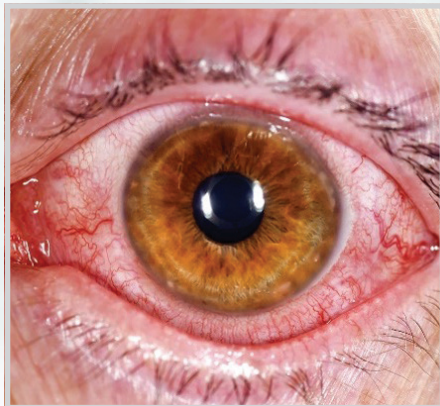
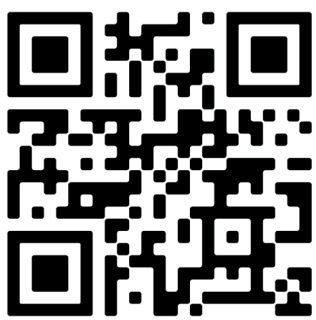
You can catch measles at any age. If you are unvaccinated and get measles you can easily spread the illness to anyone unvaccinated.

The MMR vaccine is safe and effective. 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, contact NHS111 or speak to your GP Practice.**



**For more information speak to your GP surgery, read the leaflet from the QR code or visit: [www.nhs.uk/mmr](http://www.nhs.uk/mmr)**