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MEASLES ALERT - PLEASE READ THIS NOTICE

We should like to alert parents/guardians and staff to a recent rise in Measles cases in the local area, including a confirmed case in a person at Babel School of Dance, UB3 4HW. All those identified as having had contact with this person are being/have been informed directly

Measles is a highly infectious viral illness and, although most children recover completely, there can be serious complications. Two doses of measles, mumps, rubella (MMR) vaccine offers full protection against the three illnesses. In the UK the first dose of MMR is given at 12 months, and the second dose from 3 years 4 months (pre-school). However, there is no upper age limit to receive MMR vaccine if you have not previously received the vaccine.

If you/your child are not up to date with MMR vaccine, or are unsure, contact your GP.

What is measles like?

- Symptoms typically develop 9–14 days (usually 10 days) after becoming infected.
- Initial symptoms include cold-like symptoms, e.g. runny nose, cough, red eyes, aches and pains, tiredness, irritability and high fever, which may peak at 40°C / 104°F.
- Tiny greyish-white spots (called Koplik's spots) may appear in the mouth and throat.
- Initial symptoms are followed a few days later by a red-brown spotty rash.
- The rash usually starts behind the ears and spreads over the face, neck and body.
- Spots are initially small but quickly get bigger and often join together.

You should contact your GP as soon as possible if you suspect that you/your child have measles. It is best to phone the GP surgery ahead of your visit as they may need to make arrangements to reduce the risk of spreading the infection to others.

How soon should a person with measles be kept isolated at home?

- Measles is infectious from 4 days before the appearance of rash, until 4 days after.
- Children/adults should be kept off school/work for 5 days after the onset of the rash.

Further information about measles and MMR vaccination may be sought online from the NHS Choices website (www.nhs.uk/conditions/Measles) or by calling NHS 111.