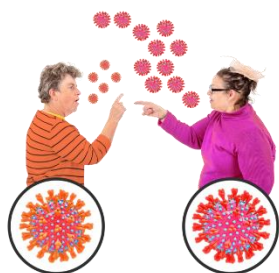


Herefordshire Community Learning Disability Service

IMPORTANT INFORMATION ABOUT MEASLES



Measles is one of the most infectious diseases in the world.

This means it is easy to catch and easy to spread.



People can be very ill or even die from it.



If you get measles when you are pregnant, it can harm your baby.

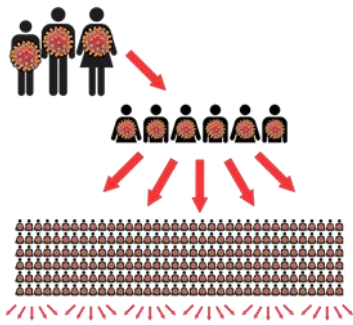


But there is a safe vaccination that can protect you.



Measles can affect

- Adults and children



Measles can spread easily between people who aren't immune from measles

Being immune to measles means that you have had measles before

or

have had the Measles Mumps Rubella vaccine.

If you are immune you are less likely to get measles.



The Measles Mumps Rubella vaccine is an injection that can protect you from getting measles.



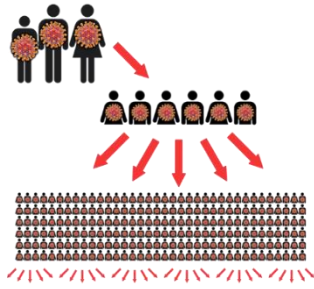
It is sometimes called the MMR vaccine.

You need to get it 2 times.



Check with your Doctor how many MMR vaccines you have had.

How measles spreads



Measles spreads easily between people who are not immune to / protected against measles.

Measles is spread by:

- breathing
- sneezing
- coughing



You can catch measles by going into a room if someone with measles has been in the room 1 hour before.

What happens to your body when you get measles



People with measles may have:

- a fever which means you would feel very hot
- a cough
- a runny nose

eyes that are:



- sore
- watery
- pink.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

From day 3 to day 7 of having measles people may start to get a rash.

A rash is when parts of your skin become:

- swollen
- red
- itchy



A measles rash usually:

starts on your face
then spreads to the rest of your body.

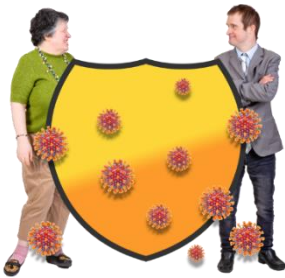
Keeping yourself safe from measles



Being vaccinated is a good way to stay safe from measles.



Being vaccinated means you get an injection in your arm.



If you are vaccinated you are less likely to:

- get measles
- spread measles



- need to stay home if you are in contact with someone with measles.



Getting vaccinated to protect yourself from measles is easy!

It's important to check you've had both doses if you:



- are about to start college or university
- are going to travel abroad
- are a frontline health or social care worker
- were born between 1970 and 1979, as you may have only been vaccinated against measles
- were born between 1980 and 1990, as you may not be protected against mumps



Anyone who has not had 2 doses of the MMR vaccine should ask their Doctor for a vaccination appointment.



If you do not know if you had 2 MMR vaccine doses then it is best to get another injection



It is still safe if you get too many doses of the MMR vaccine by mistake.

What to do if you think you have measles



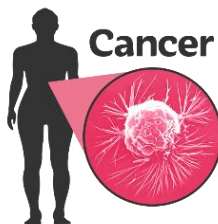
If you have measles symptoms

- you need to call and make an appointment to see a Doctor.

People at risk of serious illness



There are some people who can get very sick if they catch measles like:



people who have a serious illness that affects their immune system



babies younger than 1 year who are too young to get the MMR vaccine



people who are pregnant.



It is very important for people who could get very sick to get vaccinated if they can.

What to do if you catch measles



If a test shows you have measles you need to:

- stay home
- isolate / stay away from other people.



Most people can isolate safely at home.

7 - **10**

It takes around 7 to 10 days to get better from when you get symptoms.



You can leave your home 4 days after you develop a rash if you have had a final check with a health professional.



Around 1 in 10 people with measles need to go to hospital because of their symptoms.



If there is someone at risk of catching measles in your home you can ask the health professional what to do.

If you are a contact of someone with measles

You need to quarantine if:



- you are not immune
- and
- you have been in contact with someone with measles.



A health professional will:

- explain what you need to do
- check on you regularly.

If you have had one dose of MMR vaccine you:



- do not have to quarantine

should stay away from:



- school for 14 days
- healthcare facilities / hospitals for 14 days
- other places as advised by your health service.



You can go to healthcare facilities if you need:

- to get vaccinated
- urgent medical attention



If you need to go to a healthcare facility you must:

- wear a mask



- call first to say you have been near someone with measles.



Find more information at

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>