

Communications toolkit for nursery and school children: MMR vaccinations



Key messages for parents

- Measles cases are rising across the West Midlands
- Measles is highly infectious and if left unvaccinated nine out of ten children in a classroom can catch the disease if just one child is infectious.
- If your child has missed their first or second dose of MMR vaccine, contact your GP practice to book an appointment.
- If you are unsure if your child is due a vaccination or has missed a vaccination, check their red book (personal child health record), check the NHS App or contact your GP practice
- For adults, it is never too late to catch up on any missed MMR vaccinations, contact your GP practice to book an appointment
- For more information on measles and the MMR vaccine visit <https://www.nhs.uk/mmr>

Act now...

Make sure your child is up to date with their MMR vaccine

Parents and carers in the Black Country are being reminded to get their children vaccinated against measles, mumps and rubella (MMR).

Measles is a highly infectious disease which can lead to serious complications if it is not treated. In the most severe cases, it can develop into more threatening conditions such as severe lung infections , especially in those with a weakened immune system.

Symptoms of measles include:

- a high fever
- rash
- cough
- runny nose
- watery eyes.

All children are invited for their first MMR vaccine on the NHS when they turn one. The second dose is given when they reach three years and four months of age. Having two doses of the vaccine provides the best protection against MMR.

Parents who are unsure if their child is up to date with all their routine vaccinations should check their child's Red Book (personal child health record), the NHS App, or contact their GP practice.

Adults and older children can also be vaccinated at any age if they have not been fully vaccinated before and are being encouraged to come forward if they haven't had two doses.

[For more information on the MMR vaccine, visit the NHS website](#)



MEASLES

Don't let your child catch it
– get them vaccinated with the MMR vaccine

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.

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others.