

11 April 2024

Middlesbrough Council
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TS1 2DT

Dear Parent

Measles is spreading in South Tees. Make sure your child is protected.

There have been over 1,000 confirmed cases of measles reported in England since Autumn 2023 and cases have been seen in our region. Measles spreads very easily. While most infections are mild, measles can cause very serious complications.

The best protection is the Measles, Mumps and Rubella vaccination (MMR). Children need two doses to be fully protected. **If you are not sure whether your child has received two doses of MMR, check their red book or ask your GP surgery.**

Children who have not received two doses of MMR are at significantly increased risk of catching measles. **If you or your child have missed out, contact your GP surgery to catch up as soon as possible and help to stop the spread.**

MMR is safe and effective: many millions of doses have been given in the UK. If you have any concerns about your child having MMR, including any ethical or religious concerns, please speak to your GP.

Measles symptoms include runny nose and cough, a fever, sore red watery eyes, and a blotchy red-brown rash on the face and body.

If your child has these symptoms, **urgently phone your GP surgery or NHS 111**. It is important to let the surgery know that you suspect measles so that they can protect other patients at the practice.

To protect others, **keep your child at home for at least four days from when the rash first appears**. Avoid contact with vulnerable people, such as babies and young children, pregnant women, and people with weakened immune systems.

For more information about measles click [here](#), for more information about the MMR vaccine click [here](#).

Yours faithfully,



Mark Adams
Joint Director of Public Health
Public Health South Tees



Rob Brown
Director of Education & Partnerships
Middlesbrough Council