

Measles can be a really serious illness: for every five children who get measles, one will require a hospital visit; for every 15 children who get measles, one will be affected by serious conditions, such as blindness, meningitis and sepsis. It's also highly infectious – one case of measles can infect 90% of unvaccinated close contacts (this includes those children share a classroom with).

Measles cases are rising in the UK, and it is likely that there will be outbreaks across London.

The safest and most effective way to protect yourself, the children you care for and your community against measles is to make sure that you and your children are up to date with MMR vaccinations.

Two doses of the MMR vaccine provide 99% protection against measles. It is never too late to get your MMR vaccination and you can check whether you or your child's vaccinations are up to date by contacting your GP or by looking in your child's red book.

For more information about measles and the MMR vaccine, please visit the following webpages:

- www.nhs.uk/conditions/measles/
- www.nhs.uk/conditions/vaccinations/mmr-vaccine/

Image:



Information in other languages:

An information leaflet about measles, mumps and rubella and the MMR vaccine is available here: [MMR for all: general leaflet - GOV.UK \(www.gov.uk\)](http://www.gov.uk). Translated versions are also available in the following languages; Bengali; Polish; Romanian; Somali; Ukrainian; and Yoruba.

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