

Measles, Mumps and Rubella (MMR)

We are asking education settings to help to raise awareness of the need for people to check their MMR vaccine status

- We are calling on all parents and guardians to make sure that their children and young people are up to date with their 2 MMR doses. It's never too late to catch up, and people can get the MMR vaccine for free on the NHS whatever their age, including adults.
- Vaccines are our best line of defence against diseases like measles, mumps and rubella and help stop outbreaks occurring in the community.
- Measles is a serious disease that spreads very quickly, often requiring hospitalisation, can cause serious long lasting health issues and can be fatal. Measles cases are increasing in number.
- The MMR vaccine has helped prevent the development of potentially life-threatening illness among millions world-wide. When uptake falls (as has been happening in the last few years), infections rise, so we strongly urge parents and carers to review the status of their child's vaccinations so that they can keep them and others protected from measles, mumps and rubella.
- To see if children and young people are up to date with their MMR vaccines, they can check their personal child health record (PCHR), known as the [red book](#), or contact their GP practice. If anyone has missed one or both doses of the MMR vaccine, they can contact their GP practice to book an appointment. Even for adults, it is free and it is never too late to catch up.
- For those students thinking of leaving home for further study or training next year, encouraging them to check their immunisations are up to date is very important as they can be more vulnerable at this time, mixing with new people outside of their usual community.
- When thinking of travel abroad, people should check that they are also covered for MMR .
- 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

Posters: [MEASLES - Don't let your child catch it \(publishing.service.gov.uk\)](https://www.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/674444/Measles_Dont_let_your_child_catch_it.pdf)