

Ealing Council
Perceval House
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London W5 2HL

Tel 020 8825 5000

8 January 2024

Dear parent/carer,

Re: rise in measles in north-west London

In the last few weeks there has been an increase in the number of cases of measles in north-west London, including a few among Ealing children. Measles is extremely infectious and can cause serious illnesses, including pneumonia and meningitis.

Immunisation

Make sure your child gets two MMR vaccines on time; the first at 1 year old and the second at 3 years, 4 months. Having both doses gives long lasting protection against measles, mumps, and rubella. You can find more information about the MMR vaccine on the [NHS website](#) or if you have any questions or worries about vaccinations, here's a [video link](#) that helps explain them.

If you or your child missed these vaccines, it's not too late. Ask for a free vaccine from your family doctor (GP) if you or your children aren't up to date. If you are unsure if your child is up to date with all their routine immunisations, please check their 'red book' (personal child health record) or contact your GP practice. Your GP or practice nurse will be able to review your child's immunisation status and answer questions about immunisation.

Symptoms of measles

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.

Symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; and a blotchy red brown rash, which usually appears after the first symptoms.

Please note that when children are feeling unwell, most of the time, they can still attend school, and should be encouraged to do so. It is usually appropriate for parents and

carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.

However, children should not be sent to school if they have a temperature of 38°C or above. If you are unsure, please seek advice by calling NHS 111 or your GP.

Contact with a measles case

The UK Health Security Agency will be notified of all cases of measles and advise on the public health management including contact tracing. Please note that if your child has not had one dose of MMR vaccine and someone else in the same house gets measles, they will not be able to go to school for 21 days after contact with the infected person (the time infection can take to develop).

For more information on measles, please go to the [NHS website](#).

Yours sincerely,



Anna Bryden, Director of Public Health, Ealing Council



Robert South, Strategic Director of Children's Services, Ealing Council



Dr Vijay Tailor, Borough Medical Director, Ealing Borough Based Partnership