

Letter to parents/carers



September 2025

FOA: Parents & Carers

Dear Parent/Carer

Measles – make sure your child is immunised

As children return to school following the summer break, we are urging parents to check that their children are up to date with their MMR (Measles, Mumps and Rubella). This follows a number of measles cases across Merseyside over the summer.

Measles is an infection that spreads very easily. It can cause serious illness in some people and rarely can spread to the lungs or the brain. Babies and pregnant women are at increased risk of harm.

Measles usually starts with a runny nose, sneezing, coughing and a high temperature. It may cause red, sore eyes. The measles rash follows a few days later, starting on the face and behind the ears before spreading to the rest of the body. There may be small white spots inside the cheeks.

If you suspect your child has measles, phone your GP or NHS 111 for advice. Do not go directly to the GP practice as measles is highly infectious. Do not send them to school or childcare.

People of any age can catch measles if they have not had the MMR immunisation. Two doses of the MMR immunisation give lifelong protection against measles, mumps and rubella. The MMR immunisation is safe.

For babies and children 12 months and over

Ask at your GP practice if you're not sure if your child has had the immunisation. You can also check your child's Red Book. Your GP practice can give it for free on the NHS. It is never too late to catch up. If you have any questions about MMR, the nurse will be happy to answer these at your appointment.

You can find further information on MMR and other childhood immunisations here:

<https://www.nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/>

For further information about measles visit <https://www.nhs.uk/conditions/measles/>

Yours faithfully

A handwritten signature in purple ink that reads "MS Jones".

Margaret Jones

Director of Public Health