

**All Head Teachers  
Beds, Luton and Herts Schools/Parents**

Public Health and  
Commissioning

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Dear Parent

### **Measles outbreaks**

A number of children have been diagnosed with measles in the Luton, Bedfordshire and Hertfordshire areas since 20<sup>th</sup> March 2019 and we would like to make you aware of this.

#### **What is measles?**

Measles is a highly infectious disease which spreads very easily. People with measles can get a cough, runny nose, rash, sore red watery eyes and fever. Complications of measles can be serious and include ear and chest infections, fits, diarrhoea and brain infection. Measles presents more risk for people whose immune system is not working normally and pregnant women.

The best way to prevent measles is through vaccination.

If you are unsure if your child is protected from measles, check with your doctor. Your child is at greatest risk if they have not been immunised with 2 doses of MMR vaccine. If they have missed one or both of their doses of MMR vaccine contact your GP surgery to arrange an appointment.

If you or your child become unwell and think it could be measles you should see a doctor and show them this letter. You should ring the doctor or clinic beforehand, so they can make sure you do not pass the disease to others in the waiting room.

If you would like more information on measles visit :

<http://www.nhs.uk/conditions/measles/Pages/introduction.aspx>

Yours faithfully



Cath Fenton

Consultant Lead Screening and Immunisation

