

Are you protected against measles, mumps and rubella?

They spread easily and can lead to blindness, meningitis, sepsis and in rare cases, even death



What is the MMR vaccine?

Given in two doses (at 1 year plus 3 years and 4 months) protects against 3 serious illnesses: measles, mumps, rubella.



People with measles might have

a high fever, runny nose, cough, red watery eyes, small red spots with bluish-white centre inside mouth.

A rash may appear, usually on the face, upper neck, hands and feet.



If you or your child has symptoms

please stay at home and phone your GP practice or NHS 111.

Talk to your GP practice if you or your child haven't had both doses of the MMR vaccine

