

# St Matthias Church of England Primary School

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Executive Principal: Sian Davies • Head teacher: Lucy Blewett



Monday 28th July 2025

Dear Parents and Carers,

## Re: Information on measles

You or your child may have had contact with a person who has measles at St Matthias Primary School. We have a number of confirmed cases in year 2, meaning that your child may have been exposed to the virus in the last week of term.

This means that if you or your child are not fully vaccinated against measles with 2 doses of the measles, mumps and rubella (MMR) vaccine, you or your child may be at risk of developing measles. This letter provides information about what you should do to protect your health and others around you.

Measles is an infection that spreads very easily. It can occur suddenly, and people can become unwell quickly. At the end of this letter, there is more information about measles – please read this to learn more about the symptoms of measles, how it spreads and about vaccination against measles. There is also further information available about measles at [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles).

### When to speak to your GP

Some people need to ask their doctor for advice as soon as possible:

#### People with a weak immune system

If you have a weakened immune system, you should contact your GP and tell them that you may have been in contact with someone who has measles. Your doctor may want to do a test to find out if you are protected from measles, or give you treatment to reduce your risk of becoming unwell.

#### Pregnant women

If you are pregnant and think you may have missed a dose of the MMR vaccine, or are unsure if you have had the vaccine, contact your doctor or midwife and tell them that you may have been in contact with someone who has measles.

#### People who become unwell

You should speak to your GP or NHS 111 if you or your child get a high temperature with a cough, runny nose, sore red eyes or rash in the 3 weeks.. You should try to call your GP or NHS 111 before visiting them in person. This is to avoid spreading measles to others.

Tell your doctor that you or your child has received this letter and may have been in contact with someone who has measles. It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

**People who have not had 2 doses of the MMR vaccine**

If you are unsure if you or your child have had 2 doses of the MMR vaccine, which will protect you against measles, contact your GP to arrange vaccination. If you have missed a dose you can still be vaccinated at any age. Please see further information on the MMR vaccine in the factsheet.

**When can you return to normal activities if you have measles**

Someone who has measles can spread the infection in the 4 days before they get the rash. Once they have a rash, they can still spread the infection for another 4 days.

If someone is thought to have measles, they should stay away from their education or childcare setting, or work, for at least 4 days from when the rash first appears. They should also avoid close contact with infants under 12 months, people who are pregnant and people with weakened immune systems.

Kind regards,

Lucy Blewett

Headteacher

# Measles factsheet

## What measles is

Measles infection is caused by a virus, and spreads between people very easily. Once symptoms start, people can become unwell quickly. You can get measles at any age, but it is often young children who catch it.

## How measles spreads

You can catch measles through close contact with someone who has measles. This could be from the air when they cough or sneeze, or by touching things that someone with measles has coughed or sneezed on. Measles spreads very easily in households and in other places where people mix closely together.

You can be protected from catching measles if you have had 2 doses of the measles, mumps and rubella (MMR) vaccine, or if you have had the infection before.

A person with measles can spread the infection in the 4 days before they get the rash until 4 days after they develop their rash.

## Symptoms of measles

Symptoms of measles usually start between 10 and 12 days after catching the infection. Sometimes it can take up to 21 days for any symptoms to appear.

Measles usually starts with cold-like symptoms. The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.

A rash usually appears 2 to 4 days after the cold-like symptoms started. The rash starts on the face and behind the ears before spreading to the rest of the body.

The spots of the measles rash can sometimes be raised. They may join to form blotchy patches. They are not usually itchy.

The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

## How serious is measles?

Around 1 in 15 people with measles can become seriously unwell. Younger children, pregnant women and people with weakened immune systems are more likely to become seriously unwell.

The more serious complications of measles can include:

- ear infections
- lung infection (pneumonia)
- diarrhoea
- dehydration
- fits (which are less common)

Measles infection during pregnancy can result in the loss or early birth of the baby.

## Preventing measles

Having the MMR vaccine is the best way to prevent measles.

The vaccine is usually given to children in two doses. The first dose is given to children aged 12 months old, and the second dose is given after they are 3 years and 4 months old.

If your child is identified as a close contact of someone with measles, sometimes your doctor may recommend the MMR vaccine is given earlier than these scheduled doses. If a dose is given to an infant aged under 12 months then the usual 2 doses of MMR still need to be given at the usual times (with a minimum of 1 month gap between any doses).

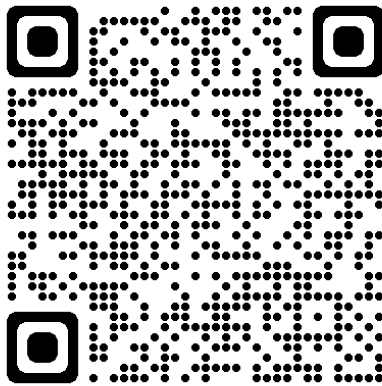
If someone has missed a dose or are unsure if they have had any vaccinations, the vaccine can be given at any age. Parents and guardians can check their child's red book for their vaccination records.

Pregnant women or people with weakened immune systems should not have the vaccine. If they think they have had contact with someone with measles they should speak to their GP or midwife for further advice.

For more information on MMR vaccinations visit:

<http://www.nhs.uk/conditions/vaccinations/mmr-vaccine>

Or scan the QR code:



## Staying away from other people if you are unwell with measles

A person with measles can spread the infection in the 4 days before they get the rash. Once a person has the rash, they can still spread the infection for another 4 days.

If you have been told by a healthcare professional that you might have measles, you should stay away from childcare, school or work for at least 4 days from when your rash first appeared. You can return to your normal activities after 4 days if you feel well and you no longer have a temperature.

## Treatments for people with measles

Measles usually starts to get better in about a week.

It can help to rest and drink plenty of fluids, such as water, to avoid dehydration.

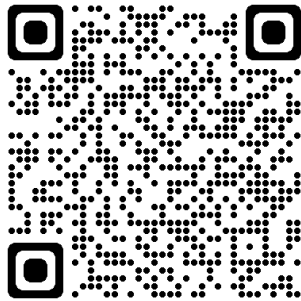
Measles can sometimes cause other illnesses. You may be given antibiotics to treat them.

If you have been told by a healthcare professional that you might have measles and think that you or your child are developing more serious health effects, you should contact your GP.

**Further information on measles is available at:**

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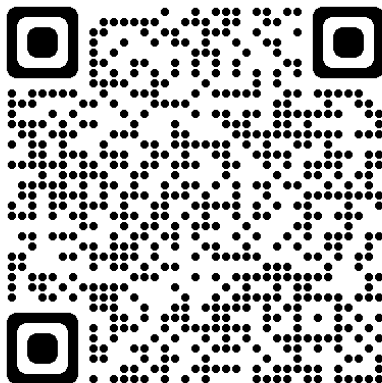
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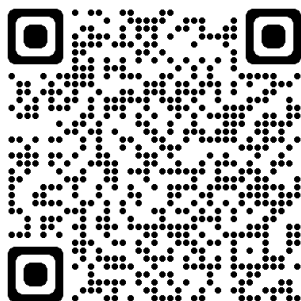
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## Appendix 3 – Further information and resources

The following resources will remain up to date and should be used as the point of reference.

### Education setting resources

- [Health protection in education and childcare settings](#)
- [A table explaining exclusion period of cases for different childhood infections](#)
- Hand hygiene [resources](#) for education settings
- [Measles - NHS \(www.nhs.uk\)](#)

[Measles and rubella elimination UK strategy - GOV.UK \(www.gov.uk\)](#) document with helpful case studies at local authority level that highlight some of the issues and challenges faced by under-vaccinated communities.

### Guides on immunisation for children and young people

- Guide to [Immunisations at one year of age - GOV.UK \(www.gov.uk\)](#) in English. Quick guide translated and accessible versions are available to order at [Home - Health Publications](#).
- The MMR is featured in the new version of the [Pre-school vaccinations: guide to vaccinations from 2 to 5 years - GOV.UK \(www.gov.uk\)](#). Paper copies available in English now.
- And also, in the [Immunisations for young people - GOV.UK \(www.gov.uk\)](#) guide and leaflet. Paper copies available in English now.

### Blogs:

[What to do if you think your child has measles and when to keep them off school - The Department for Education \(blog.gov.uk\)](#) (January 2024)

[What do I need to know about the MMR vaccine? - UK Health Security Agency \(blog.gov.uk\)](#) (February 2022)

[Ensuring every child gets the best start in life – starting with vaccine protection - UK Health Security Agency \(blog.gov.uk\)](#) (August 2021)

### Social media banners:

MMR for all the family social media/WhatsApp friendly banners: [Measles and MMR social media banners](#).

‘Measles is circulating and it is serious’ social media banner:

<https://publichealthengland-immunisati.app.box.com/s/xasjm2ipgyhfsjqppdpjtut43evjsk2b>

MMR second dose social banner for children and young people who missed their pre-school MMR:

<https://publichealthengland-immunisati.app.box.com/s/br6b462d41exi2hhs5fe0xpds3xlgyx1>

### Videos on routine MMR vaccination

[Search Publications - Health Publications](#).

### Print ready materials

UKHSA have developed the following:

#### Leaflet on measles (in range of languages)

English versions of the [Measles: information for schools and healthcare centres - GOV.UK \(www.gov.uk\)](#) leaflet and downloadable versions in [Afrikaans](#), [Arabic](#), [Bengali](#), [Cantonese](#), [Chinese \(simplified\)](#), [French](#), [German](#), [Hebrew](#), [Hindi](#), [Italian](#), [Lithuanian](#), [Polish](#), [Portuguese](#), [Romani](#), [Romanian](#), [Spanish](#), [Swahili](#), [Tagalog](#), [Tamil](#), [Turkish](#), [Ukrainian](#) and [Urdu](#).

#### MMR Leaflet

‘MMR for all’ leaflet now available to order in [English](#), [Bengali](#), [Polish](#), [Romanian](#), [Somali](#), [Ukrainian](#) and [Yoruba](#).

### **Think Measles patient leaflet**

[Think Measles! \(publishing.service.gov.uk\)](#)

### **Think Measles poster for young people**

[Think measles: patient leaflet for young people - GOV.UK \(www.gov.uk\)](#)

[Think measles: poster about measles in young people - GOV.UK.\(www.gov.uk\)](#)

[Measles: protect yourself, protect others - GOV.UK \(www.gov.uk\)](#)

### **Resources for education settings**

[Immunisations: resources for nurseries and schools - GOV.UK \(www.gov.uk\)](#), including primary, secondary school and nursery reminder posters and postcards to send to parents and posters paper copies. Available to order now to get prepare.

### **Measles: Don’t let your child catch it poster (for schools)**

The ‘Measles: don’t let your child catch it’ poster for schools is available to download in [English](#), as well as [translated versions](#) in Afrikaans, Arabic, Bengali, Cantonese, Chinese, French, Italian, German, Hebrew, Hindi, Lithuanian, Polish, Portuguese, Romani, Romanian, Swahili, Spanish, Turkish, Tagalog, Tamil, Ukrainian and Urdu.

### **Measles: Don’t let your child catch it poster**

The ‘Measles: don’t let your child catch it’ poster for any health or education setting is available in [English](#).

### **Measles outbreak simple text leaflet**

Simple text posters and leaflets for use by health professionals and community engagement groups to raise awareness of measles when there is a local outbreak. The leaflet is available in [English](#), [Dari](#), [Farsi](#), [Pashto](#), [Polish](#), [Romanian](#) and [Ukrainian](#).

### **Measles outbreak simple text poster**

The poster is available to download in [English](#), [Arabic](#), [Czech](#), [Spanish](#) and [Romanian](#).