



To: Parents and guardians of children at St Paul's nursery on the Blaise Castle
'birth to threes' trip on 20/6/2018

Ref: 1535903

25 June 2018

Dear Parents and Guardians,

Re: Measles

Public Health England has been informed that a person, who attended the Blaise Castle trip at the same time as you/your child, had suspected measles.

What is measles?

Measles is a viral disease which spreads very easily. People with measles can get a cough, runny nose, rash and fever. Measles can be serious and can lead to complications, particularly for people whose immune system is not working normally or for those with other medical conditions. The best way to prevent measles is through vaccination.

What is the risk of catching measles?

Most older children and adults are immune to measles – either because they had measles as a child or because they have been vaccinated. However, we know that there was lower uptake of the vaccine in the late 1990s and as a result some people are therefore not protected. Anyone who is not immune can catch the infection if they are exposed to someone with measles, even for a short amount of time.

Who needs medical advice?

- **People with a weakened immunity:** You should contact your doctor straight away if you/your child has weakened immunity (due to illness or medication). The doctor will then assess whether you/your child is immune (i.e. have antibodies) against measles; and if the exposure was within the past few days, your doctor may be able to organise treatment to prevent you becoming seriously ill.
- **Pregnant women:** If you are pregnant and not sure of your immunity it may also be worth seeking your doctor's advice.

- **Children under one year:** If you attended the Blaise Castle trip with an infant aged under one year, please also contact your doctor for advice.

If you/your child are well and not in the groups listed above you do not need to take urgent action to reduce the risk of infection at this time.

However, if you or your any members of your family are nor fully immunised, or if you are not sure if you are protected, please contact your doctor to check and arrange catch-up vaccinations. Remember that it is never too late to have MMR and it is available to anyone who needs it for free on the NHS.

If you would like more information on measles visit
<https://www.nhs.uk/conditions/measles/>

You can find more information about the MMR vaccine here:
<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

What if you become unwell?

If you become unwell and think it could be measles (within three weeks of attending the Blaise Castle trip), you should see a doctor.

You should call the doctor or clinic beforehand so they can make sure you do not pass the disease to others in the waiting room.

Take this information sheet with you and tell your doctor that you have been identified as having been in contact with someone with infectious measles. Your doctor should seek advice from the local Health Protection Team.

Yours sincerely,



Jonathan Plumb
Health Protection Practitioner