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## Dear Parents / Carers

I thought I would drop you a line to make you aware that there is an increasing number of children and adults with measles in Birmingham. Most of these are young children who have not had their MMR (measles) vaccine.

Measles is a very infectious virus, which spreads quickly if people have not had the MMR vaccine. Two doses of MMR are needed for maximum protection. A version of MMR is available which does NOT contain pork ingredients. Measles can cause severe illness, especially in certain at-risk groups including babies and small children, pregnant women, and people with weak immunity. Complications could mean hospitalisation, permanent disability, and in rare cases, it can even cause death.

## The symptoms of measles are;

- cold-like symptoms such as runny or blocked nose, sneezing and cough red, sore watery eyes
- high temperature (fever) which may reach around 40OC / 104OF
- a non-itchy, red-brown rash usually appears 3-5 days later (sometimes starts around the ears before spreading to rest of the body), spots may be raised and join to form blotchy patches which may be harder to see on darker skin tones

## What do I do if a child has suspected measles?

If children have symptoms of measles, please keep them at home. Please do not bring children to the school with any symptoms of measles.

Advice is available on the NHS website, UK Health Security Agency (UKHSA) webpages, NHS 111 and from your doctor.

If you suspect your child has measles, please do NOT to go to your GP practice or any other healthcare provider – instead, phone for advice and say it could be measles.

Advice is available on the NHS website, UK Health Security Agency (UKHSA) webpages, NHS 111 and from the person's GP.

Yours sincerely,

Allan Lacey