



England

Measles and MMR vaccination: Slough

Information for Headteachers
12/07/2024

Thames Valley Screening and Immunisation Team:
england.tvatpublichealth@nhs.net



Measles and MMR Vaccine

- MMR vaccine is safe and effective.
- Two doses of MMR vaccine are needed for maximum life-long protection. 1st dose at 12 months, 2nd dose at 3 years and 4 months.
- Cases of measles are rising. There have been 3 confirmed cases in Slough in recent months.
- The most severe clinical consequences of measles and potential hospitalisation are anticipated in children.
- Uptake of MMR is low in areas of deprivation and in migrant and refugee populations
- Measles is not just a childhood disease and can be serious at any age. If caught during pregnancy it can be very serious causing stillbirth, miscarriage and low birth weight

Symptoms of Measles

High fever

Sore red, watery eyes

Coughing

Runny nose

Aching and feeling generally unwell

Blotchy red brown rash, which usually appears after the first symptoms

- Measles is highly infectious and is spread through droplets from coughs and sneezes
- **Adults** who have missed their MMR vaccine are **also at risk** of getting measles
- If you have symptoms of measles **stay at home** and phone your GP or NHS 111. Do not attend GP surgeries and A&E departments without informing them that you think you have measles before you visit – you could spread the illness to others.
- Someone with measles usually must spend about 5 days in bed and may be **off school or work for 10 days**

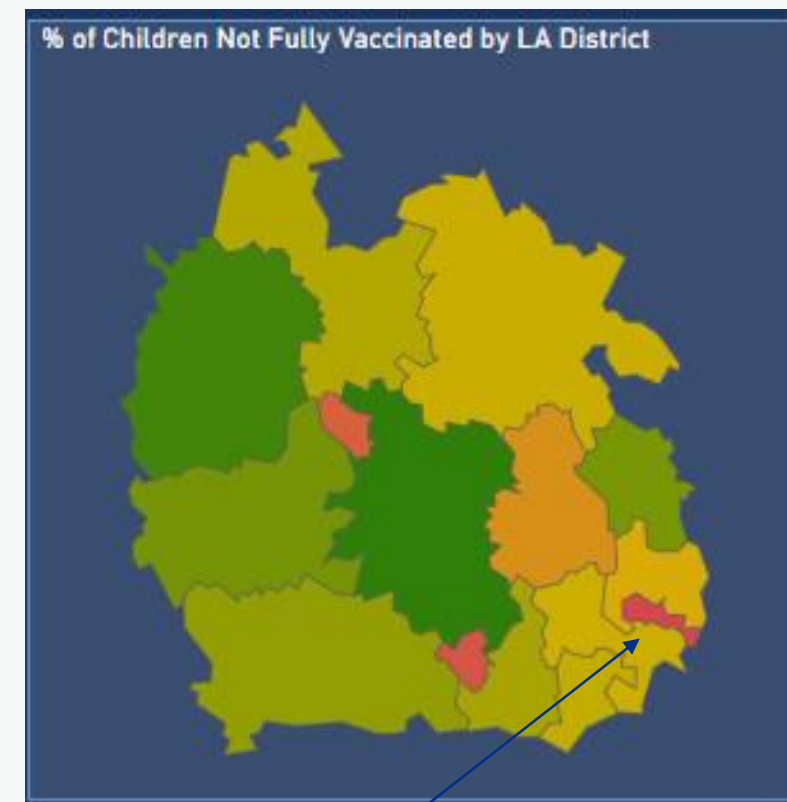
[How to stay safe during a measles outbreak - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Measles, mumps and rubella \(MMR\): guidance for young people - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Preschooler Immunisation uptake (due to start school September 2024) by Thames Valley Local Authority

- Slough LA has the highest number and highest rate of children unvaccinated for MMR due to start school in September 2024

LA District	Cohort PreSchool	Preschool Unimmunised (No.)	Preschool Unimmunised (%)	MMR Unimmunised (No.)	MMR Unimmunised (%)	4in1 Unimmunised (No.)	4in1 Unimmunised (%)
Slough	2133	404	18.9%	379	17.8%	363	17.0%
Reading	1836	332	18.1%	300	16.3%	317	17.3%
Oxford	1196	209	17.5%	183	15.3%	191	16.0%
Wycombe	1797	269	15.0%	250	13.9%	260	14.5%
South Bucks	660	90	13.6%	87	13.2%	84	12.7%
Aylesbury Vale	2184	277	12.7%	257	11.8%	261	12.0%
Windsor and Maidenhead	1432	183	12.8%	165	11.5%	164	11.5%
Bracknell Forest	1239	155	12.5%	142	11.5%	149	12.0%
Cherwell	1642	196	11.9%	171	10.4%	193	11.8%
Wokingham	1773	205	11.6%	184	10.4%	198	11.2%
West Berkshire	1429	155	10.8%	144	10.1%	148	10.4%
Chiltern	881	88	10.0%	84	9.5%	82	9.3%
Vale of White Horse	1410	139	9.9%	123	8.7%	135	9.6%
West Oxfordshire	1047	85	8.1%	80	7.6%	83	7.9%
South Oxfordshire	1373	103	7.5%	98	7.1%	97	7.1%



Slough



Supporting MMR and Immunisation Programmes

Schools

Staff

The MMR vaccine is available for **free on the NHS** with no upper age limit.

The MMR vaccine is the safest and most effective way to protect against these viral infections that can quickly spread and cause outbreaks.

Ensuring high rates of vaccination coverage in **staff groups** will reduce the risk of transmission in school settings. All staff who want to protect themselves and others from Measles, Mumps and Rubella should make sure that they have had **2 doses of the MMR vaccine**. They may want to speak to their GP or practice nurse for advice. **Exclusion from work** for close contacts of a case may be needed, which **may affect business continuity** of schools.

Rubella caught in pregnancy can lead to miscarriage or cause very serious harm to the unborn baby and so **all people who are considering a pregnancy should make sure they are up to date with their 2 doses of the MMR vaccine**.

[Thinking of getting pregnant? - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[MMR for all: general guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Supporting MMR and Immunisation Programmes

Schools

Children

Sharing of information with parents and caregivers [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Parents and caregivers can check their child's vaccination history in their **Red Book**. For those without a red book or who are unsure, **signpost** to their GP practice to check if their child is up to date with 2 doses of the MMR vaccine.

Resources e.g. posters and leaflets can be ordered in other languages [Measles: don't let your child catch it flyer \(for schools\) various translations - Health Publications](#).

Contact our team on england.tvatpublichealth@nhs.net if you would like your local immunisation team to order specific resources on your behalf

Local advice Slough [Community Connectors – Slough CVS](#)

A free one-to-one service to connect you with community activities and support to improve your health & wellbeing.

Telephone
01753 251 387





Supporting MMR and Immunisation Programmes

Schools

Single cases and outbreaks of measles

If you think a child or member of staff may have measles or a parent tells you they think their child has measles, then we advise the following:

- Advise the staff member or parent that the individual **should be assessed by a doctor or nurse** to determine the diagnosis. They should **not go to the GP** or any other healthcare setting without **calling ahead first**.
- The staff member or child should **stay off work or school** until a doctor or nurse has either confirmed or discarded a diagnosis of measles.
- If the child has been diagnosed with measles by a doctor, they should **stay off school for at least 4 days** from when the rash first appears.

[Managing outbreaks and incidents - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[Managing specific infectious diseases: A to Z - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



Information & Resources



MMR Frequently Asked Questions

How does the MMR vaccine work?

Can everyone have the MMR vaccine?

Can getting measles, mumps and rubella be serious?

Is the MMR vaccine safe?

Are there any side effects to the vaccine?

Does the MMR vaccine contain gelatine?

Can my child have the MMR vaccine if they have an egg allergy?

How do I get my child vaccinated?

MMR Resources

NHS

MEASLES

Don't let your child catch it
- get them vaccinated with the MMR vaccine

- Measles is in the news again. There have been serious outbreaks in Wales and England and the number of children catching measles is rising.
- Measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill.
- Your child is at risk of measles if he or she hasn't had the MMR vaccination.
- Two doses of MMR vaccine are needed to get the best protection.
- If your child is due to have had two doses of MMR but has not yet received them, no matter what age they are, you should make an appointment with the surgery.*
- If you can't remember if your child has had any, one or two doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to the surgery.
- If you don't know how many doses your child has had, it's better to have two doses of MMR vaccine now rather than risk leaving them unprotected.

*In response to a local outbreak then the two doses can be given one month apart from the age of 18 months.

i mmunisation
the safest way to protect your child

Some common questions about measles and the MMR vaccine are listed on the back of this leaflet

Answers to some common questions about measles and the MMR vaccine

Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Although we have high rates of vaccination in the UK, the levels dropped some years ago when the MMR vaccine was mistakenly associated with autism. This led to some babies not being vaccinated and so measles is spreading rapidly among these children now they are older.

Because of the scare some years ago, I gave my child a single measles vaccination, can they have the two doses of MMR?

Yes; it's recommended your child has two doses of MMR. You will also be protecting them against rubella and mumps.

When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at three years and four months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with two doses one month apart.

Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to six weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the three diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or two doses of MMR vaccine you do not need to get vaccinated now.

Back in 1994, a large part of the population aged 5 to 16 was immunised against measles and rubella so people in this age group are almost certainly immune and therefore they too don't need to get vaccinated now.

For more information about measles and MMR go to:
www.nhs.uk/conditions/measles/Pages/Introduction.aspx

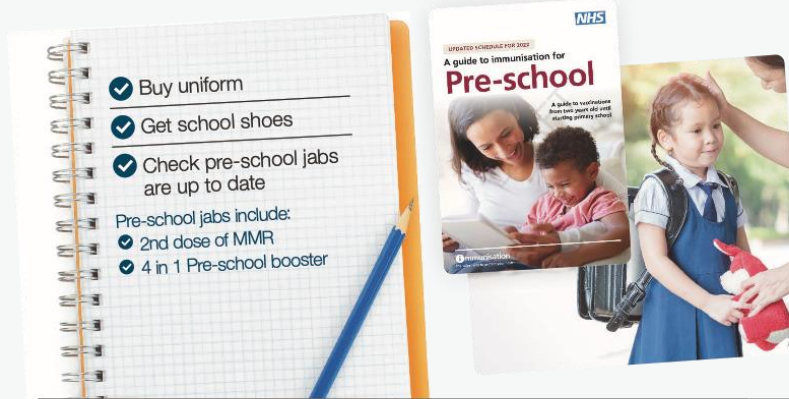
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MMR Resources



Starting a new school?

Your child will be learning and playing with more children when they start their new school and could be at risk of catching preventable diseases if they haven't had all their childhood jabs.



If you are not sure if your child has had all their routine vaccinations, check their personal health record (Red Book) or contact the GP surgery. To get the best protection for your child, they need to have had two doses of MMR vaccine. For a checklist of the vaccines and the ages at which they should ideally be given visit:

www.nhs.uk/vaccinations

MMR for all leaflet



qrco.de/MMRFORALL

Preschool immunisations



qrco.de/PreSchool



Helping to protect everyone at every age

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