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Responsibility, love, care and respect  
Cyfrifoldeb, cariad, gofal a pharch

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Dear Parents and Carers,

We have been asked to draw your attention to the following information:

Following recent outbreaks of measles across the UK, Betsi Cadwaladr University Health Board is inviting children who are not fully protected against the disease to catch-up with their MMR vaccinations.

To reduce the risk of outbreaks, we want to ensure as many children throughout North Wales as possible are fully vaccinated.

Measles can be very disruptive for schools

- Measles is very highly contagious and can be passed on up to four days before symptoms fully develop or a rash appears
- In the event of a confirmed case of measles in a school, children and staff who are not fully vaccinated could be required to isolate for up to 21 days
- Extensive contact tracing would also be required to identify anyone potentially affected in school and the wider community

Measles Facts

1. Measles is a highly infectious illness. It is contagious before symptoms start. 2. For every 100 people not vaccinated against measles, about 90 will catch measles if exposed to the measles virus. 3. It can cause serious illness including chest infections, seizures (fits), swelling of the brain, and brain damage. Serious complications can even occur many years after infection 4. Measles can kill. 5. There is no cure for measles. 6. Children, young people and staff members are at risk of measles infection if they haven't had 2 doses of the MMR vaccination or documented natural infection. Eligibility for MMR vaccination Two doses of the MMR vaccine are offered free to all children before they start school at: • 12-13 months, and • 3 years and 4 months. Children and adults who miss any of the doses can still receive them from their GP surgery at any time after they were due, with a month needed between the two doses. The MMR vaccine should not



be given to people who have a lowered immune system or who are pregnant. This is even more reason to ensure that everyone who is eligible has received both MMR doses, to protect those who cannot have the MMR vaccine. If you are not sure if you have had both doses, it is safer to have too many doses of the vaccine than not enough. More information about the MMR vaccine and eligibility is available at [phw.nhs.wales/MMRvaccine](http://phw.nhs.wales/MMRvaccine)

### Measles symptoms

- Rash
- Temperature (usually over 38.5°C)
- Runny nose
- Red, sore, watery eyes
- Cough

Measles usually starts with cold like symptoms. It can then be followed by a rash a few days later but not always. Sometimes people get small white spots on the insides of the cheeks and insides of lips that last a few days.

It is unlikely to be measles if you have had 2 doses of the MMR vaccine or had measles before, unless you have a condition or are on treatment which weakens the immune system.

### What to do if you suspect measles

If you suspect you, or a child/young person has measles you can get advice from NHS 111 or you can make an urgent GP appointment.

The person with suspected measles should not go to any health setting (e.g., GP, hospital, or pharmacy) without ringing ahead first and advising of any symptoms which might suggest measles.

If a doctor suspects measles, the individual should stay off nursery, school, college or work etc. for at least 4 days after the onset of rash (Note: date the rash started is day 0). They should also avoid being in contact with anybody who is:

- Not fully vaccinated for MMR (particularly children under the age of 4).
- Pregnant.
- Immunosuppressed (has a weakened immune system) due to a health condition or treatment.

### What are the risks of being unvaccinated against measles?

As measles is a highly infectious disease it spreads quickly between people who are not vaccinated.

Uptake of the MMR vaccine decreased in Europe during the COVID-19 pandemic which means we are now seeing an increase in cases of measles across the UK and in Wales.



Although not everybody with measles needs to be admitted to hospital, it is a very unpleasant illness even in its mildest form. There is no cure, and some people will be left with life changing brain damage. Serious, untreatable complications of measles can happen years after people have had the illness.

Staff or children/young people who are unvaccinated and who have been in contact with a confirmed measles case will be advised to stay at home for the duration of the incubation period. The incubation period is the time frame it takes for a disease to develop after coming into contact with it. For measles it is up to 21 days (3 weeks) after last exposure to someone with measles.

For more information about measles symptoms, visit [NHS 111 Wales - Health A-Z : Measles](#)

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