

# Measles

## Know the symptoms and check you're vaccinated



### Symptoms

Measles is highly infectious and spreads very easily between unvaccinated people. Symptoms include cold-like symptoms, spots in the mouth and a distinctive rash.

If you suspect you or your child has measles, please do not visit a healthcare setting, including your GP surgery or a hospital. Children should also not attend school.

Please stay at home and call NHS 111 or contact your GP surgery to be provided with further health advice. Visit the NHS website for more information.

### Check you're vaccinated

Having two doses of the Measles, Mumps and Rubella (MMR) vaccine is the best way to prevent measles. Most people receive these routine vaccinations in childhood.

- You can check your child's vaccination record in their Red Book.
- Or you can check with the Community and School Age Immunisation Service:

Norfolk: 0300 555 5055 (choose option 2) or email:  
[hct.csaisnorfolk@nhs.net](mailto:hct.csaisnorfolk@nhs.net)

Suffolk: 0300 555 5055 (choose option 3) or email:  
[hct.csaissuffolk@nhs.net](mailto:hct.csaissuffolk@nhs.net)

- You can also contact the GP practice your child is registered at.

Adults will need to check their vaccination record with their GP practice.

Your GP practice should be able to offer you a vaccine if you are unvaccinated. A member of the GP practice team may direct you to book your child's vaccine through a local NHS clinic. Please scan the code for more information

Scan for child  
measles vaccination  
clinics

