

25/10/2023

Dear Parents and Carers

### **Measles (MMR) Vaccine Reminder**

As half term approaches, this is an ideal time to get up to date with the measles (MMR) vaccination. There has been a recent rise in measles cases across the country. Birmingham and Solihull have low MMR vaccination rates and there is a risk of a measles outbreak this winter.

Measles is a highly infectious disease, which can be very serious. The MMR vaccination is recommended to help protect you, your child and loved ones against measles. Two doses of the MMR vaccine are needed to get the best protection. The vaccination is free of charge.

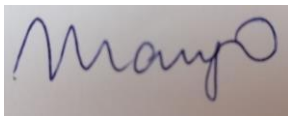
Anyone unvaccinated who is exposed to someone with measles may be advised to isolate for 3 weeks. This would disrupt their learning or work, and this could happen repeatedly. If exposure happened again, another 3 week isolation period would be required each time.

Children and adults can catch up on any missed vaccinations by contacting their GP practice. Children should have the first dose at 1 year old and the second dose at 3 years and 4 months old. Two doses of the MMR can provide life-long immunity.

Vaccination will also help prevent the spread of measles. The MMR vaccination also protects against mumps and rubella.

**Please contact your GP to book an appointment for Measles (MMR) vaccination.**

Yours sincerely,



**Dr Mary Orhewere FFPH**  
**Assistant Director, Environmental Public Health, Health Protection & Place**  
**Birmingham City Council**

**For more information visit:** [Measles - NHS \(www.nhs.uk\)](http://www.nhs.uk)

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As a reminder you can use this section to record the date and time of your child's vaccination appointment:

on: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ at \_\_\_\_ am/pm  
**Date** **Time**