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Dear Parent/Carer,

I am writing to you about the current measles situation in London and MMR (measles, mumps and rubella) vaccination.

## Measles

You may have seen or heard news reports recently about rising cases of measles in London. Measles spreads very easily among people who have not been vaccinated, especially in nurseries and schools. In some children it can be very serious.

For more information about measles, its symptoms, and vaccinations by visiting:  
<https://www.nhs.uk/conditions/measles/>

## Getting Vaccinated

The best way to prevent measles is to make sure that parents/carers and children are up to date with their vaccinations. The MMR (measles, mumps and rubella) vaccine is highly effective after two doses and will help protect your children and stop outbreaks in the community.

It is free on the NHS, whatever your age. If anyone has missed one or both doses of the MMR vaccine, please contact your GP practice to book an appointment.

In Lewisham, over the half-term there will also be a number of walk-in clinics taking place for those who are not up to date with their MMR vaccination:

The clinics are taking place at Lewisham Hospital Education Centre, SE13 7LH from 8am to 4.30pm on Monday 12 February, Thursday 15 February and Friday 16 February.

No appointment is needed and you can just turn up. Please also see the attached flyer from our local NHS for further information.

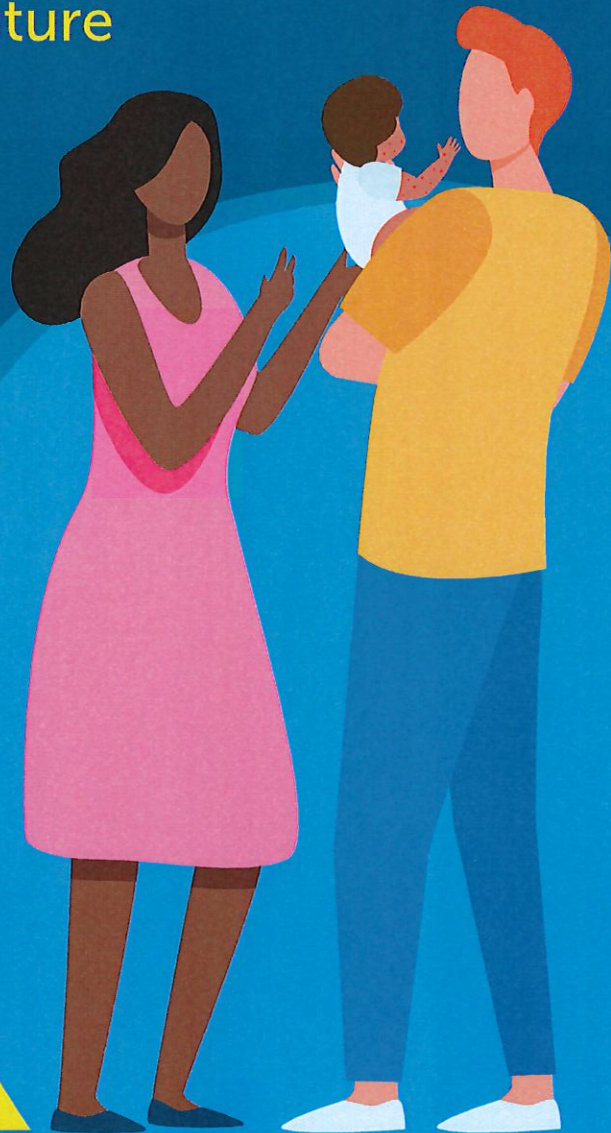
Yours sincerely,

Dr Catherine Mbema  
Director of Public Health  
Lewisham Council



# Measles cases are rising in south London

Protect your child against measles  
now and for the future



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Find out more at

[www.nhs.uk/measles](http://www.nhs.uk/measles)



# Measles spreads easily. The MMR (measles, mumps and rubella) vaccine gives the best possible protection.

## Symptoms of measles

Measles usually starts with cold-like symptoms followed by a rash. Some people may also get small spots in their mouth. It can sometimes lead to serious complications such as blindness, pneumonia, meningitis, and sepsis - causing a real risk to life.



What a measles rash can look like

Find out more about symptoms and what to do if you think you or your child has measles here: [www.nhs.uk/measles](http://www.nhs.uk/measles)

## When should I get my child vaccinated?

The MMR vaccine is part of the NHS routine childhood immunisation programme - with the first dose offered at one year and the second dose at 18 months.

Two doses of the MMR vaccine are needed for full protection. It's never too late to catch up with missed doses.

## Is the MMR vaccine safe?

The MMR vaccine is safe and has been used since the early 1980s.

There is no link between the MMR vaccine and autism. Many studies have shown this.

## Does the MMR vaccine have any side effects?

Like all other medicines, the MMR vaccine can cause some side effects. Most side effects are mild, such as the injected arm feeling sore or your child feeling a bit unwell with a high temperature for a few days.

The evidence shows that vaccinating is much safer than not vaccinating.

## Does the MMR vaccine contain gelatine (from pigs)?

In the UK, we have two MMR vaccines which work very well. One of them contains gelatine from pigs and the other one doesn't. If you would like the vaccine without gelatine, please tell your GP when you book an appointment.

## Where can I get a vaccine for me or my child?

Contact your GP practice to book an appointment. We are also holding clinics at:

