

Dear Parent/Guardian,

Measles, Mumps and Rubella (MMR) Vaccination

Your child/children has/have been identified as receiving either 1 or no MMR vaccines. **Two doses** are needed to offer the best protection against Measles, Mumps and Rubella and complete the course.

Measles is a highly infectious viral illness that can be prevented through the MMR vaccine. Measles is a very serious infection and can lead to severe complications, even death. Measles had been uncommon in the UK due to the effectiveness of the Measles, Mumps and Rubella (MMR) vaccine but with declining uptake of vaccinations in recent years cases are rising.

In the case of an outbreak which happened in Cardiff in winter 2023 and other areas of the UK which are ongoing, unvaccinated children were required to isolate which will have a significant impact on their education resulting in weeks or even months of schooling being lost.

Welsh Government has stated that all schools in Wales that have less than 90% MMR vaccine uptake are to be offered the vaccine in school.

The Immunisation team will be visiting your school to offer the MMR vaccine to your child at school on **Friday 14th March 2025**. Please click the link or scan the QR code below to the electronic consent form for you to complete and submit.



<https://forms.office.com/e/9TaSdD4da2>

Anyone can get measles if they have not been vaccinated or have not had measles before, although it's most common in young children.

The infection usually clears in around 7 to 10 days. The initial symptoms of measles develop around 10 days after you're infected. These can include:

- cold-like symptoms, such as a runny nose, sneezing and a cough
- sore, red eyes that may be sensitive to light
- a high temperature (fever), which may reach around 40C
- small greyish-white spots on the inside of the cheeks

A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck before spreading outwards to the rest of the body.

Common complications

More common complications of measles include:

- [diarrhoea and vomiting](#), which can lead to [dehydration](#)
- middle ear infection ([otitis media](#)), which can cause [earache](#)
- eye infection ([conjunctivitis](#))
- inflammation of the voice box ([laryngitis](#))
- infections of the airways and lungs (such as [pneumonia](#), [bronchitis](#) and [croup](#))
- fits caused by a fever ([febrile seizures](#))

Uncommon complications

Less common complications of measles include:

- liver infection ([hepatitis](#))
- misalignment of the eyes ([squint](#)) if the virus affects the nerves and muscles of the eye
- infection of the membranes surrounding the brain and spinal cord ([meningitis](#)) or infection of the brain itself ([encephalitis](#))

Rare complications

In rare cases, measles can lead to:

- serious eye disorders, such as an infection of the optic nerve, the nerve that transmits information from the eye to the brain (this is known as optic neuritis and can lead to [vision loss](#))
- heart and nervous system problems
- a fatal brain complication known as subacute sclerosing panencephalitis (SSPE), which can occur several years after measles (this is very rare, occurring in only 1 in every 25,000 cases)

MMR Vaccination

- **MMR** vaccine is safe and highly effective
- millions of doses of the vaccine have been given worldwide for over 30 years
- having the vaccine is the best way to protect your child and others around them
- a version of the vaccine that does not contain gelatine is available

For further information please see <https://www.nhs.uk/conditions/measles> and <https://phw.nhs.wales/topics/immunisation-and-vaccines/vaccination-information1/mmr/>

If you think your child has already completed the MMR Course or received doses of the MMR elsewhere, please contact us to update your child's health record.

If you would like to discuss anything, please contact us on the number or email below.

Kind regards,

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