



Rothesay Nursery School
Rothesay Road
Luton
LU1 1RB

22.05.2024

Dear Parent/Guardian,

Measles

This letter is to let you know that a Child at Rothesay Nursery School has recently been diagnosed with suspected measles.

We have discussed the situation with the local Health Protection Team and are writing to provide you with advice and further information.

Measles is a disease which spreads very easily. It can be very unpleasant and sometimes lead to serious complications. The disease can be prevented by the highly effective MMR vaccine.

Anyone can get measles, but it is much more likely if they haven't been vaccinated or had measles before. We would like to take this opportunity to remind you of the importance of immunising children. If you are not aware of your child having received 2 doses of MMR, please contact your GP to ensure that your child is protected. MMR can be given at any age.

The initial symptoms of measles develop around 10 days after you're infected. These include:

- Irritability and cold-like symptoms, such as a runny nose, sneezing and a cough
- Sore, watery red eyes that may be sensitive to light
- A high temperature that comes and goes, which may reach around 40C
- Diarrhoea, vomiting and stomach pain
- Complications such as ear infection and pneumonia may occur in some children

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.

You should contact your GP as soon as possible if you suspect that you or your child may have measles. Please ring beforehand so they can make sure you do not pass the disease to others in the waiting room.

A person with measles is infectious from four days before and until four days after the rash appears. If your child shows any signs of developing this illness, they must not attend school and we would strongly advise you to keep them at home. **They will need to stay away until they are well and for at least four days after the rash appears.**

If you are **pregnant** you should contact your GP or midwife for further advice if you have had contact with anyone with a rash.

More information on measles can be obtained from: <https://www.nhs.uk/conditions/measles/>

Yours sincerely

Mrs Brownjohn
Headteacher

Measles: How to Stay Safe

The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!
Keep people with symptoms away from others



Call ahead before going to A&E or your GP



Symptoms

Rash



Temperature



Runny Nose



Red Eyes



Cough



M M R
MEASLES MUMPS RUBELLA

Measles is circulating, it is serious, very infectious and can cause complications.

Especially for those with a weakened immune system, babies under one year and pregnant women.



You need **two doses of MMR vaccine** to protect you, see your **GP practice** to make an appointment.

It is never too late to have your MMR.

immunisation

the safest way to protect your child