

3rd July 2025

Dear parents or guardians

Measles is on the increase in Cheshire & Merseyside

Measles is an infection that spreads very easily. It can cause serious illness in some people and, in rare cases, can spread to the lungs or the brain. Babies and pregnant women are at increased risk of harm.

Measles usually starts with a runny nose, sneezing, coughing, and a high temperature. It may cause red, sore eyes. The measles rash appears a few days later, starting on the face and behind the ears before spreading to the rest of the body. There may be small white spots inside the cheeks.

If you suspect you or your child has measles, phone your GP or NHS 111 for advice. Do Not go directly to the GP surgery as measles is highly infectious. Do Not send your child to school or childcare.

People of ANY age can become infected with measles if they have not been fully vaccinated. Two doses of the MMR vaccine provides lifelong protection against measles, mumps, and rubella. The MMR vaccine is safe and effective. The first dose is given at the age of 12 months, and the 2nd dose is given at 3 years and 4 months old. Please make sure your child is up to date with their vaccinations.

For babies and children 12 months and over

Ask at your GP surgery if you are not sure you or your child has received the vaccine. You can also check your child's Red Book. Your GP surgery can administer the vaccine for free on the NHS. It is never too late to catch up. If you have any questions about MMR, the nurse can discuss this with you at your appointment.

You can find further information on MMR and other childhood vaccinations here:

[NHS vaccinations and when to have them - NHS](#)

For further information about measles, visit [Measles - NHS](#)

Kind regards,
Julia Rosser
Deputy Director of Public Health