



Protecting your child from measles

A short guide for families

How high is the risk of a child catching measles?

NHS England estimates that over 102,000 children starting primary school in England are at risk of catching measles. One in five children will require a hospital visit if they become unwell with measles. Measles is highly infectious and if left unvaccinated, nine out of ten children in a classroom can catch the disease if just one child is infectious.

How can I protect my child from catching measles?

It's important to note that there is no medical treatment for measles. Vaccination is the best protection against becoming seriously unwell.

The measles, mumps and rubella (MMR) vaccination is free on the NHS with the first dose being offered when a child is one year and the second at 3 years and 4 months old. This provides long-lasting protection against measles, mumps and rubella which can cause long-term health conditions such as blindness and asthma.

How can I check if my child is up to date with their MMR vaccinations?

If you are unsure if you or your child are up to date, check your child's red book or GP records and make an appointment to catch up on any missed doses. If your child has missed their first or second dose of the MMR vaccine, contact your GP practice to book an appointment.