

**Measles cases are increasing nationally, and there have been a small number of cases locally.**

*Measles spreads very easily and can cause serious illness, particularly in people who are not fully vaccinated.*

*We're urging parents, carers **and young people** to check vaccination records and make sure they are fully protected with **two doses of the MMR vaccine**.*

*This is especially important for **teenagers and young adults who are preparing to go to university or college**, where measles can spread quickly in shared accommodation and social settings.*

- ✓ Check your or your child's vaccination record
- ✓ Make sure two doses of MMR or MMRV have been given
- ✓ If not fully vaccinated, **contact your GP practice as soon as possible**

*Children and young people who are not fully vaccinated may need to stay away from school, college or university for up to **21 days** if they are exposed to measles.*

*The MMR vaccine is safe, highly effective and the best way to protect yourself and others.*

*Alternative non-gelatine options are available — just ask your GP practice.*