



Measles

A patient's guide

Measles is an infection that spreads very easily and can cause serious problems in some people. These problems are rare, but some people are more at risk. This includes babies and people with weakened immune systems.

Having the MMR vaccine is the best way to prevent it.

Measles can spread to others easily.

Call your GP surgery before you go in. They may suggest talking over the phone.

You can also call 111 or get help from 111 online.

If you go to an Emergency Department, inform them immediately on arrival.

It's important to get medical advice if you're pregnant and have been in close contact with someone who has measles.

Check if you or your child has measles

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

Cold-like symptoms

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes



Spots in the mouth

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.



The measles rash

A rash usually appears a few days after the cold-like symptoms.



The rash starts on the face and behind the ears before spreading to the rest of the body.



The spots of the measles rash are sometimes raised and join together to form blotchy patches. They're not usually itchy.





The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

How to avoid spreading or catching measles

Measles is spread when an infected person coughs or sneezes. There are things you can do to reduce the risk of spreading or catching it.

Do

- wash your hands often with soap and warm water
- use tissues when you cough or sneeze
- throw used tissues in the bin

Don't

- do not share cutlery, cups, towels, clothes, or bedding

Get vaccinated against measles

The MMR vaccine can prevent measles. It also protects you from mumps and rubella.

The MMR vaccine is offered to all children in the UK. Two doses can give lifelong protection against measles, mumps, and rubella.

Ask at your GP surgery if you are not sure you or your child have had the vaccine. They can give it for free on the NHS.



Any further questions?

- If you have any further questions, please feel free to contact the Infection Control team on 020 7288 3679, or you can ask the department manager to contact us.
- Additional information can be found on:
 - NHS Health A to Z <https://www.nhs.uk/conditions/measles/>
 - NHS Choices: www.nhs.uk/

The information in this leaflet has been sourced from <https://www.nhs.uk/conditions/mrsa/>

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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