

**Dear Parent/Carer,**

It's a good time to check if your child is fully vaccinated against measles. Currently, parts of the UK and Europe are seeing an increase in the number of people getting measles.

Measles is a highly infectious viral illness that can be very unpleasant and sometimes can lead to serious complications such as pneumonia and meningitis.

There's a free vaccine available which is highly effective in protecting you and your child against measles. It's called the measles, mumps and rubella (MMR) vaccine, which is given in two doses as part of NHS Scotland's childhood vaccination programme and also protects against mumps and rubella. The first dose is offered when children are around 12 months old, followed by a second dose from age 3 years 4 months. If your child missed these, it's extremely important to get them vaccinated.

### **What you need to do**

- Check your child's Red Book to make sure they've received both doses of the MMR vaccine. This is particularly important for children who have just started primary or secondary school or have moved school, when they'll be mixing with lots of other children. This is when measles is most likely to spread.
- If you do not have your child's Red Book to hand, you can contact your local Health Board vaccination service [www.nhsinform.scot/gettingvaccinations](http://www.nhsinform.scot/gettingvaccinations)
- Check you and other adults in the family have been vaccinated against measles. You can do this by asking your GP practice for a record of your vaccination history.

The MMR vaccine is highly effective in preventing measles, so if your child has received two doses you do not need to take any further action.

## How to arrange vaccination

Visit [www.nhsinform.scot/MMRagainstmeasles](http://www.nhsinform.scot/MMRagainstmeasles) to find out how to get vaccinated.

If you've recently moved to Scotland, make sure you're up to date with vaccinations offered for free by NHS Scotland. You may be eligible for additional vaccines that were not available where you lived previously.

For more information, visit [www.nhsinform.scot/immunisation](http://www.nhsinform.scot/immunisation) or contact your local vaccination service [www.nhsinform.scot/gettingvaccinations](http://www.nhsinform.scot/gettingvaccinations)

To find out more about the symptoms of measles, how it's spread and when to get medical advice, visit [www.nhsinform.scot/MMRagainstmeasles](http://www.nhsinform.scot/MMRagainstmeasles)

Yours faithfully,

Public Health Scotland



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