Watch out!

Measles about!

- There is a measles outbreak in the North East.
- Measles is highly infectious and anyone who is unprotected can catch it.
- It's an unpleasant disease and there can be serious complications.
- Two doses of MMR vaccine protects against measles.

Don’t delay
Get the vaccine today

Contact your health visitor, GP, or school nurse for further information.

What to do if you think you or your child has measles:

- Telephone your GP or walk-in centre before attending and tell the receptionist immediately on arrival.
- Avoid going to A&E unless you are seriously ill.
- Avoid sitting in crowded waiting areas.
- Avoid all contact with babies under one, pregnant women and people with weakened immune systems.
- Stay in until four full days after the rash develops.

Visit www.nhs.uk and search for ‘measles’ or call 111 or NHS Direct on 0845 4647 to find out more.