

# Don't let your child catch it

– get them vaccinated with the MMR vaccine

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. STAY AWAY from GP surgeries and A&E departments – you could spread the illness to others.

**Measles symptoms include:** high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.