

## **Measles Action Card: Suspected Measles – Adult Social Care Settings**

### **What is measles?**

Measles is a very infectious virus, which spreads quickly if people have not had the MMR vaccine. Two doses of MMR are needed for maximum protection. Children usually have the first dose of the MMR vaccine at 1 year-old and the second dose at 3 years and 4 months. A version of MMR is available which does NOT contain pork ingredients.

Measles can cause severe illness, especially in certain at-risk groups including babies and small children, pregnant women, and people with weak immunity. Complications could mean hospitalisation, permanent disability, and in rare cases, it can even cause death.

***Please encourage all staff to check their MMR vaccination status. If they have not been vaccinated, they can contact their GP to request an appointment.***

### **What are the symptoms of measles?**

- cold-like symptoms such as runny or blocked nose, sneezing and cough
- red, sore watery eyes
- high temperature (fever) which may reach around 40°C / 104°F
- a non-itchy, red-brown rash usually appears 3-5 days later (sometimes starts around the ears before spreading to rest of the body), spots may be raised and join to form blotchy patches – which may be harder to see on darker skin tones

### **Are your staff vaccinated?**

MMR vaccination is available at any age. If staff are unsure of their vaccination status, they should contact their GP. Having both doses of the MMR vaccine gives long-lasting protection against measles, mumps and rubella.

If anyone has missed these vaccinations in the past, it's important for them to have the vaccine now from their GP, especially in light of recent cases/outbreaks in other parts of England. Most healthy adults will have developed some immunity to measles but can still receive two doses of the vaccine from their GP.

### **Preventing and controlling infections**

Please follow UKHSA guidance. **USE THIS QR CODE and go to page 36, and take note of the following:**

- Staff who have had contact with suspected or confirmed cases of measles should contact UKHSA.
- UKHSA will support in the risk assessment and advise on actions that need to be taken.



### **Measles is a notifiable disease**

If in doubt, follow the '[Think Measles guidance](#)' and ensure that you report a possible case to the **UKHSA East Midlands Health Protection Team:**

**Call:** 0344 2254 524 (option 1)

**Email:** [emhpt@ukhsa.gov.uk](mailto:emhpt@ukhsa.gov.uk)

If your setting needs any further support or resources to have this conversation, or if you have any further questions, please email [healthprotectionteam@lincolnshire.gov.uk](mailto:healthprotectionteam@lincolnshire.gov.uk).