

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. 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.



Symptoms

Knowing the symptoms is the first step to protection.

Measles usually starts with cold-like symptoms, followed by a rash a few days later. The spots of the measles rash are sometimes raised and join together to form blotchy patches. The rash looks brown or red on white skin, it may be harder to see on brown and black skin

Small, white spots may also appear inside the cheeks and on the back of the lips a few days later. Usually, these spots last a few days.

Measles is a highly contagious disease

If 1 case comes into contact with 100 susceptible contacts (eg. individuals who never had the MMR vaccine):

- 90 will catch measles
- 20-40 will be admitted to hospital
- 7 will develop complication





Are your staff vaccinated?

MMR vaccination is available at any age. 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 considering 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.

Advice for staff if measles is suspected:

- Contact NHS 111 or their GP practice by telephone or online, but to help prevent the virus spreading, please do not attend any healthcare setting in person, unless requested to by a healthcare professional. Instead, phone for advice and say it could be measles.
- Suspected measles may cause concern. Advice is available on the [NHS website](#), NHS 111 and from the person's GP.

Advice for setting if staff member has suspected measles or is a possible contact:

- Advise staff member to remain out of the setting and at home until advice and guidance has been sought.
- Ask staff member to contact their GP to check on their vaccination status.
- Contact UKHSA for further advice and guidance.
- Continue to follow universal IPC precautions and consider enhanced cleaning within the setting.

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

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.