

**This letter contains important information.**

**Dudu Sher-Arami**  
**Director of Public Health**  
London Borough of Enfield

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Dear parents and guardians,

**Measles update: Getting your child vaccinated can stop them from being sent home to isolate for 21 days. Book an MMR “catch-up” clinic appointment now on 020 8702 6187.**

Over the summer you may have seen news reports that London is at serious risk of a measles outbreak this winter. With the risk of 100,000 cases in London, now is the time to act.

**What do I need to do?**

1. **Check your household’s MMR vaccination status** – you can check:
  - With your GP surgery over the phone or by email,
  - For children, in their ‘Red Book’ (their personal health record),
  - If you are registered, you might also be able to check online or via the NHS app.
2. If your child has not had two doses of MMR vaccine, **book an appointment with the Enfield School Age Immunisation Team on 020 8702 6187.**

This winter the team are **running MMR “catch-up” clinics in schools.**

Other family members can book an appointment with their GP. If someone’s vaccination status is unknown, it is safe to receive the MMR vaccine even if they have had it before.

Measles is serious and highly infectious – 5 times more so than COVID. Any child not vaccinated is almost certain to contract measles if exposed to an infected person and 1 in 5 children with measles require hospital admission. It takes two doses of MMR to be fully protected. **In Enfield only 66% of children have had both doses by age 5 – to prevent an outbreak this needs to be 95%.**

Children infected with measles and children who are close contacts of someone with measles, who are not fully vaccinated with two MMR doses, could be asked to self-isolate for up to 21 days.

**This could mean your child missing school for up to 21 days.**

Children who have had both doses of the MMR vaccine have 99% life-long protection and do not need to be excluded. Vaccination keeps them safe.

**It is never too late to get vaccinated for measles and the MMR vaccine is free.**

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### What is the MMR vaccine?

The MMR vaccine is a combined vaccine for three viral infections – measles, mumps and rubella. It is generally given in childhood as two doses, one at 12-13 months and a second dose before school entry. The vaccine is safe and highly effective – **two doses protect 99% of all people from measles infection.**

### What is measles?

- Measles is a highly infectious airborne disease – **infection can spread up to 4 days before symptoms begin** and a single person infected with measles can infect 15 other people.
- Measles infection can be serious, especially for people with a weakened immune system or pregnant woman who cannot be vaccinated – **measles can cause seizures, meningitis and miscarriage. It can even kill people.**
- Vaccination is the only effective measure to control the spread of infection, **measles is 5 times more infectious than COVID-19** and whilst PPE and good handwashing are important, they cannot control the spread of measles.
- If you think you or your child has measles (**the typical symptoms are a blotchy red/brown rash, high fever, watery eyes, body aches and cough**) or has been in contact with someone who does – **stay at home (from work or school) and phone your GP or NHS 111 for advice.** Do not go to work, school or the GP surgery – measles is highly infectious.

### Where can I find more information?

I have included a [detailed leaflet on measles and the MMR vaccine](#) with this letter.

The [www.nhs.uk](http://www.nhs.uk) website also provides a range of excellent articles about health and wellbeing. If you want to find out more about measles, the MMR vaccine or the risk of an outbreak please go to:

- Measles - [www.nhs.uk/conditions/measles](http://www.nhs.uk/conditions/measles)
- MMR vaccine - [www.nhs.uk/conditions/vaccinations/mmr-vaccine](http://www.nhs.uk/conditions/vaccinations/mmr-vaccine)
- Outbreak risk video by the UK HSA - [www.youtube.com/watch?v=oCsW-VyPos0](https://www.youtube.com/watch?v=oCsW-VyPos0)

I want to thank all of you for your help. The MMR vaccine is safe, **book a “catch-up” clinic appointment now to keep your child safe and in school this winter.**

Best wishes,

**Dudu Sher-Arami**



**Protect yourself and your family from measles, mumps and rubella.**

**Book an appointment with the Enfield School Aged Immunisation Team now.**

**i**mmunisation

Helping to protect everyone, at every age