



Letter for settings with confirmed or suspected cases of measles

The UK Health Security Agency (UKHSA) has been informed that there are suspected or confirmed cases of measles in your setting. This letter provides information to help reduce the risk of further cases of measles and what to do if you need medical advice.

What is measles?

Measles is a highly infectious disease which can spread quickly in settings such as nurseries, schools and workplaces. People with measles can get a cough, runny nose, rash and fever. Measles can be serious, particularly for people whose immune system is not working normally. The best way to prevent measles is through vaccination.

You can find [more information on measles](#) online.

How do you catch measles?

The measles virus lives in the nose and throat of people who are infected and spreads through the air via coughing and sneezing. A person with measles can pass the virus on to other people from 4 days before their rash starts to 4 days after the rash started.

Measles Infection Timeline								
Day 4	Day 3	Day 2	Day 1	Day 0	Day 1	Day 2	Day 3	Day 4
Days before rash				Rash Starts	Days after rash			
YOU CAN INFECT OTHER PEOPLE DURING ALL OF THESE DAYS								

What do I do if I become unwell?

- Seek advice from your GP/NHS walk in centre or NHS 111. Inform the GP/NHS walk in centre before you go so that you can be seen in a separate area to protect other patients.
- Limit your contact with other people. **DO NOT GO TO SCHOOL, NURSERY OR WORK IF YOU KNOW YOU HAVE BEEN IN CONTACT WITH A SUSPECTED OR CONFIRMED MEASLES CASE AND YOU START TO BECOME UNWELL WITH A COUGH AND RUNNY NOSE. DO NOT** go to school, nursery or work for 4 days after the rash first appeared.
- Avoid people who are pregnant, under 12 months old, have a weakened immune system and who have not had the MMR vaccine.
- Tell your childcare provider, school or employer

Do I need medical advice?

People with weakened immunity

You should contact your doctor straight away if you have weakened immunity (due to illness or medication). The doctor will assess whether you are immune (that is, you have antibodies) to measles. If you have been in contact with someone with measles within the past few days, your doctor may be able to organise treatment to prevent you becoming seriously ill.

Pregnant women

If you are pregnant and not sure of your immunity, please seek your doctor's advice.

Children under one year

If you are a parent or carer with an infant aged under one year, please contact your doctor for advice.

You are well and not in the groups listed above

If you are well and not in the groups listed above, you don't need to take urgent action. However, if you are unsure if you are protected from measles, check with your doctor.

[UKHSA Health Protection Teams](#)