

## Important information for staff working in early years settings

Measles is extremely infectious and spreads quickly from person to person.

### Measles symptoms include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- a fever
- a rash that appears a few days after the cold-like symptoms, usually on the face and upper neck
- small red spots with bluish-white centres inside the mouth

Measles is infectious from **four days before rash onset** until **four full days after the rash appears**.

### What to do if you think a child in your care has measles

- Follow your local procedure for contacting parents or carers when children become unwell. Children with suspected measles need to be isolated and kept apart from others to reduce the risk of spreading measles
- If separate placement is not possible the local Health Protection Team should provide further advice - <https://www.gov.uk/health-protection-team>
- Advise the child's parent or carer to ring the GP practice or contact 111 for advice - **It's very important that a child with suspected measles does not go to their GP practice for the risk of passing on the infection to others in the waiting room**

### Exclusion

Children will need to stay off nursery/school for at least four days from when the rash first

appeared, and avoid close contact with babies, people who are pregnant and those with weakened immune systems.

### Protect and Prevent

The MMR vaccine is the best protection against measles, mumps and rubella. The vaccine is safe and effective and a porcine gelatine free option is available on request.

- Two doses of MMR are routinely given at 12-13 months and again at 3 years 4 months. Two doses gives lifelong protection against measles mumps and rubella. **Please encourage parents to check if their child has had their MMR vaccinations.** If they are unsure encourage them to speak to their GP practice.

## Remember!

People who **have not** been vaccinated with two doses of MMR vaccine are more likely to catch measles, mumps and rubella. Children do become ill when they catch either one of these diseases, **but so do adults!**

All three diseases can be very serious. They can make adults very ill and may cause problems for those who are pregnant and people who have weakened immune systems (who can't fight infection well).

Scan here:



**Measles is a serious illness that is highly infectious. To be protected from measles and other infections including mumps and rubella, you need to be immunised with two doses of MMR vaccine.**

As a precaution, women should avoid getting pregnant for one month after MMR vaccination.

**Important information for staff**  
**- know what to look for...**



**1. Measles spots in the mouth**



**2. Measles spots on darker skin**



**3. Measles spots on the face**



**4. Measles spots - raised rash**



**5. Measles spots joined together**



**6. Measles spots on the torso**



**7. Measles spots on the palm of the hand**



**Scan above for further information**