UK Health Security Agency

Essex County Council

12 November 2024

Dear Parents/Guardians,

Measles in Essex

Measles is circulating in Essex. Most cases of measles have been in school children and preschool children not protected by a full course of the MMR vaccine.

Measles is very infectious and spreads easily amongst people who are unvaccinated. It can be a very serious illness and can sometimes lead to hospitalisation – and in rare cases, can cause death.

If you or your child have symptoms of measles, seek medical attention. Be sure to phone ahead before you visit your GP surgery or other healthcare setting. This allows arrangements to be made to prevent others from being infected. Do not send a child with these symptoms to school unless they have been medically assessed and told they can go to school.

Measles signs and symptoms

- cold-like symptoms (runny nose, sneezing or coughing)
- sore, red eyes
- a high temperature (fever)
- A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck, before spreading outwards to the rest of the body.

Protection against measles

The best way to protect yourself, family, and friends, is the Measles, Mumps and Rubella (MMR) vaccination. MMR is a highly effective and safe vaccine and protects against measles, mumps and rubella. Anyone who has missed a dose of MMR should contact their GP surgery to get vaccinated. 2 doses of the MMR vaccine gives long-term protection.

If you are not sure if your child has missed an MMR dose (or any other vaccination) you can contact the Essex Children's Immunisation and Vaccination team on 0300 790 0597. You can also ring this number to have your child vaccinated in a community vaccination clinic.

Vaccination clinics:

All clinics listed below are from 10am – 3pm.

Saturday, 16 November 2024 at Sydney House Clacton

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Saturday, 16 November 2024 at Timberlog Youth Centre, SS14 1UX (Walk-ins available for flu vaccine)

Saturday, 16 November 2024 at St Margaret's Hospital, Epping, Maple Lodge, CM16 6TN (Walk-ins available for flu vaccine)

Saturday, 23 November 2024 at Fryatt Hospital, Harwich

Saturday, 23 November 2024 at Leigh PCC, SS9 3NG (Walk-ins available for flu vaccine)

Saturday, 23 November 2024 at Livewell Hub Braintree, CM7 3HP

Saturday, 23 November 2024 at Fryatt Hospital, Harwich, CO12 4EX

Saturday, 23 November 2024 at Crouch Vale Medical Centre, CM3 5QP

Saturday, 30 November 2024 at Thameside House, Thurrock Hospital RM16 2PX

Saturday, 30 November 2024 at The Lodge, Wickford, SS11 7XX

Saturday, 7 December 2024 at Leigh PCC, SS9 3NG (Walk-ins available for flu vaccine)

Saturday, 7 December 2024 at Timberlog YC, SS14 1UX (Walk-ins available for flu vaccine)

Saturday, 7 December 2024 at St Margaret's Hospital, Epping, Orchard Day room, CM16 6TN (Walk-ins available for flu vaccine)

Saturday, 14 December 2024 at Hermit YC, CM15 8AG

Saturday, 14 December 2024 at Livewell Hub, Braintree, CM7 3HP

Saturday, 14 December 2024 at Clough Road, Colchester, CO4 9QS

Parents should Call 0300 790 0597 to book MMR appointments.

For further information about measles, please visit
https://www.nhs.uk/conditions/measles/

Information about the MMR vaccine can be found here:
https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/

Kind regards,

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