



**Public Health**

Civic Centre, Churchill Court, 2 Westmoreland Road, Bromley,  
BR1 1AS

Telephone: (020) 8464 3333

Internet: [www.bromley.gov.uk](http://www.bromley.gov.uk)

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Dear parent or carer,

Since January, measles infections have been on the rise in London.

Measles spreads very easily among those who are not vaccinated. It usually starts with a high temperature and cold-like symptoms, followed by a rash.

Around 1 in 5 children with measles need hospital care, and measles can sometimes lead to serious problems, such as pneumonia, meningitis, blindness, and seizures.

The [MMRV vaccine](#) protects against measles. Nearly all children who are developing measles have not been vaccinated. The vaccine is safe, free, and given as two doses, usually at 12 months and 18 months of age. Getting the vaccine also helps stop measles from spreading to people with weak immune systems and babies who are too young to have it yet.

Please check whether your child is up to date with the MMRV vaccine. You can look in your child's "Red Book" (Personal Child Health Record), check on the NHS app, or ask your GP surgery.

If your child has missed one or both doses, please book an appointment at your GP practice as soon as possible.

You can find more information on the NHS website:

<https://www.nhs.uk/conditions/measles/>

Thank you for helping us to keep our community safe.

Yours sincerely,

Dr Nada Lemic  
Director of Public Health  
London Borough of Bromley