

09 February 2024

Middlesbrough Council  
PO Box 505  
Fountain Court  
119 Grange Road  
Middlesbrough  
TS1 2DT

Dear Parent

**We are concerned about the increasing number of measles cases and the number of children and young people in Middlesbrough who have not had both doses of their MMR vaccine.**

Measles cases are rising. There have now been over 460 confirmed cases reported since October 23. This has been declared as a national incident. While the majority of cases are in London and the West Midlands, we have been warned that further outbreaks of measles will spread to other towns and cities unless urgent action is taken to increase measles, mumps and rubella (MMR) vaccination uptake.

Middlesbrough is an area at increased risk due to the number of people who have not received both doses of their MMR vaccination. There's no specific medical treatment for measles, so it's important to get vaccinated as it's the best protection against becoming seriously unwell.

**Measles spreads very easily among those who are unvaccinated.**

Measles can be a very unpleasant illness. In some children it can be very serious and lead to hospitalisation – and in rare cases tragically can cause death. People in certain risk groups including babies and young children, pregnant women, and people with weakened immunity, are at increased risk of complications from measles.

Having two doses of the Measles, Mumps, Rubella (MMR) vaccine at the right time (dose 1 from 12 months and dose 2 from 3 years 4 months) is the best way to protect your child and help prevent it spreading, especially to those most vulnerable. Two doses of the MMR vaccine give you excellent lifelong protection. There is no upper age limit to having the MMR vaccine, so **if you or your child have missed out, contact your GP surgery to catch up as soon as possible.**

**Symptoms of measles include a runny nose, cough, high fever, sore red watery eyes and a blotchy red-brown rash.** If you think your child has measles contact your GP practice and ask for an urgent appointment. If your child is diagnosed with measles by a doctor, they should stay off nursery or school for at least 4 days when the rash first appears.

For more information about measles click [here](#), for more information about the MMR vaccine click [here](#).

Your Sincerely,



**Mark Adams**  
Joint Director of Public Health  
Public Health South Tees



**Rob Brown**  
Director of Education & Partnerships  
Middlesbrough Council