

10th April 2024

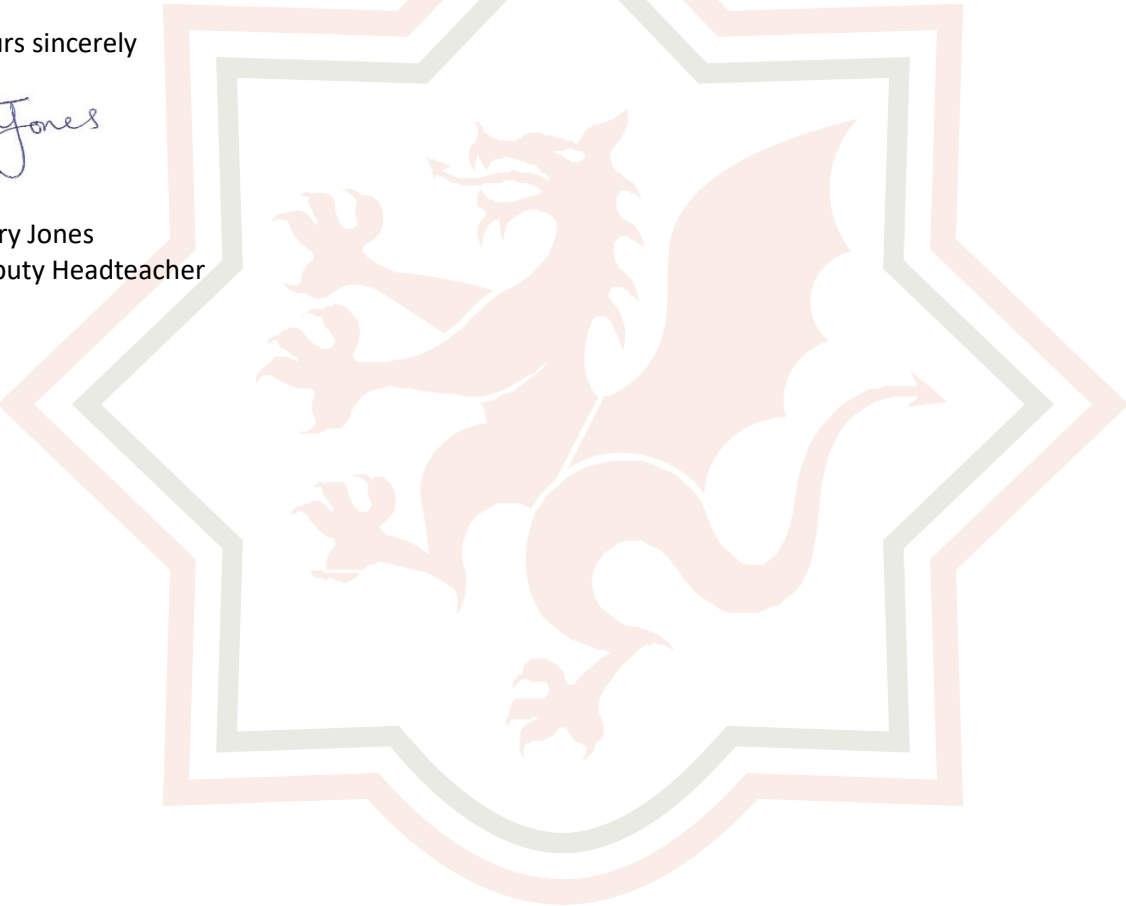
Dear Parents, Carers and Guardians

In light of recent measles outbreaks in the UK, particularly in areas with low vaccination rates, it is crucial for families to stay informed and vigilant. Measles is a highly contagious disease that poses significant health risks and can significantly disrupt the running of our school. As part of our commitment to safeguarding the wellbeing of our students and the wider community, we are providing essential guidance to help families identify possible cases of measles and understand the steps to take if they suspect an infection. This guidance is aimed at ensuring the health and safety of all, while minimising the impact on your child's learning.

Yours sincerely



Mary Jones
Deputy Headteacher



Guidance for Families on Measles Identification and Actions

How to Identify Possible Measles Cases

Be alert for the following symptoms in your child or any family member:

1. **Cold-like symptoms** such as a runny nose, sneezing, and cough.
2. **Red, sore, and watery eyes** which may be sensitive to light.
3. **High temperature (fever)** which may be high and uncomfortable.
4. **Rash** that often starts on the head or neck before spreading downwards to the rest of the body. The rash typically appears a few days after the initial symptoms.
5. **Small white spots** inside the cheeks and the back of the lips, known as Koplik's spots.

What to Do Next

If you or your child exhibits the symptoms described above and is unvaccinated:

1. **Do Not Attend School:** Keep your child at home and avoid contact with others where possible.
2. **Contact Healthcare Provider:** Call your GP or NHS 111 to report the symptoms. **Do not visit** any health setting (GP, hospital, or pharmacy) without calling ahead first. This helps prevent the spread of the disease to others.
3. **Vaccination:** Ensure your family's vaccinations are up-to-date. The MMR vaccine is the most effective way to protect against measles. If you or your child are not up-to-date with your MMR vaccinations, contact your GP for advice and to arrange vaccination.
4. **Follow Public Health Guidance:** Visit the Public Health Wales website and the NHS website for further information on measles and the MMR vaccine.

Prevention

- The **MMR vaccine** is safe and effective and is the best protection against measles. Two doses are necessary for full protection.
- Measles spreads easily through coughs and sneezes of infected people. Practice good hygiene by covering mouths and noses with a tissue when coughing or sneezing and washing hands frequently.

Further Information

For detailed information about the MMR vaccine and measles, visit the following resources:

- Public Health Wales: [Measles, Mumps, and Rubella \(MMR\)](#)
- NHS: [Measles Information](#)