20th February 2024

Dear Parents, Carers & Families,

We have received an update via Public Health Bexley regarding higher than normal levels of measles in London this year. Please see below for your information which has been shared.

Please note that **we have had no confirmed reports**, at Lime Wood Primary School, of concerns relating directly to measles at the time of this letter. Further information can also be found [Measles - NHS (www.nhs.uk)](https://www.nhs.uk/conditions/measles/)

**Information shared:**

The UK Health Security declared a national health incident over the weekend due to rising cases of measles, including in London. Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools, and is a nasty illness and in some children can be very serious and lead to hospitalisation – and in rare cases tragically can cause death.

People in certain at-risk groups including babies and young children, pregnant women, and people with weakened immunity, are at increased risk of complications if they catch measles.

Information on the symptoms of measles and what to do if you or your child has them is available from the NHS. The measles rash can sometimes look different on darker skin – an example is available here. There is no specific cure for measles, but the MMR vaccine is very effective at preventing you from getting it.

Measles was eliminated in the UK in 2017, due to the success of the MMR vaccination programme, but falling vaccination uptake since then has meant that it has come back. MMR vaccination is very effective at preventing measles and is extremely safe. It is given in two doses, one at 12 months, and one at 18 months (in some other parts of the country, the second dose is given later). A version of the MMR vaccine that **does not** contain pork gelatine is available on request from all GPs. If you or your child have not had all your MMR vaccines please contact your GP today to book an appointment.

If you have any questions, please do not hesitate to contact me.

Yours sincerely,

**Miss C Ingrams**

**Headteacher / SENDCo**