

Measles briefing for VCS

Westminster and Kensington and Chelsea Council

Measles is circulating in our boroughs. We want to make sure you know the signs and symptoms in case anyone in your family or community becomes unwell. We all have a role in keeping our community safe so please share this messaging as widely as possible.

We have provided a range of easy to share resources at the bottom of this briefing.

Our ask to you

Please help us spread the word about measles and the importance of the MMR vaccine by:

- Sharing the videos below on social media or WhatsApp groups.
- Sharing the leaflets below in languages appropriate for your communities.
- Tell people about the sessions at Gateway Academy and the Mosque (see below).
- Printing the crib sheet below – you could stick up in your office or reception area.
- Include measles content in your newsletters.
- Talk to people – remind them to check with their GP that they've had two doses of the MMR vaccine, and if not, to book in as soon as possible.

Measles is more than just a rash – it is a serious condition that spreads very easily and can lead to severe illness and even death.

Measles is highly infectious. Spending just 15 minutes with someone infected with measles is enough to catch it. It can cause severe disease in some people, particularly pregnant women, unvaccinated children and people with weakened immune systems.

Symptoms of measles

- high fever
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears after the initial symptoms
- small white spots in the mouth

The rash usually appears a few days after the cold-like symptoms.



What to do if you think you or someone in your family has measles

- Stay away from school, nursery or group activities with others.
- Telephone your GP or call NHS 111. To prevent further spread of infection please do not visit the GP surgery or A&E in person unless advised to do so.
- People who have symptoms should also especially try to stay away from vulnerable people such as babies, pregnant women and people with weakened immune systems.
- People who have not been fully vaccinated with MMR vaccine and have been in close contact with a measles case may be asked to stay away from work or school for **up to 21 days** to prevent the further spread of infection.

Preventing measles – the MMR vaccine

You can protect yourself or your family against measles by having 2 doses of the combined [MMR vaccine](#) for mumps, measles and rubella. The MMR vaccine is a safe and effective.

Children are usually offered the first dose of MMR when they are about 13 months old and a second dose at 3 years and 4 months. **It's never too late to catch up if you or your child have not yet had the MMR vaccines.** Contact your GP practice to check and arrange a vaccination appointment.

There are two different MMR vaccines - Vaxpro and Priorix. Vaxpro contains pork gelatine but Priorix does not. Most healthcare providers in London will be using Priorix but you can ask your health care provider to confirm. The school immunisation team only use Priorix.

Where to get vaccinated

Call your GP to check whether your family have had two doses of the MMR vaccine, and to book in.

Alternatively, the following MMR vaccination sessions are also available:

1. **Wednesday 29th May, 10am to 2pm: Gateway Academy, Westminster NW8 8LN** (no appointments needed) School catch-up immunisation clinic for primary and secondary school aged children only
no under 5s

Flyer here:



WCC-MMRvaccine-L
eaflet2.pdf



2. **Friday 31st May, 10am to 4pm: London Central Mosque NW8 7RG (no appointments needed)**

Flyer here:



Regents Park Central Mosque health pop-u

Health pop-ups

Come along to an NHS health pop-up for free health checks – no appointment needed.

Bring your children age 1 to 18 along to get the MMR Vaccine.

Adults can get:

- Covid vaccines for those eligible (over 75's or adults with a weakened immune system)
- Blood pressure checks
- Blood sugar level checks
- BMI checks
- Health advice

Where and when:
Vaccine bus outside Regents Park Central Mosque
Friday 31 May, 10am until 4pm

Keep an eye out for more [health and MMR vaccine 'pop-ups'](#) in Westminster and Kensington and Chelsea.

3. **Monday to Sunday: St Charles Centre for Health, W10 6DZ**

Extended GP hours for children registered with a West London GP.

Call your GP or 111 and ask to make appointment at extended hours

Open: Weekdays: 6:30 to 9pm; Saturday: 8am to 8pm; Sundays and Bank holidays: 2pm to 8pm

4. **Central London extended hours**

Appointment times offered: Monday - Friday 2pm - 6:30pm		
Location	Address	Days of Operation
Lisson Grove Health Centre	Gateforth Street London NW8 8EG. Map link	Tuesday & Thursday
Marylebone Health Centre	17 Marylebone Rd London NW1 5LT. Map link	Monday & Tuesday
Paddington Green Health Centre	4 Princess Louise Close London W2 1LQ. Map link	Monday, Wednesday & Friday
South Westminster Centre	St George's House 82 Vincent Square London SW1P 2PF (Entrance on Elverton Street). Map link	Monday, Tuesday, Wednesday, Thursday & Friday
St Johns Wood Medical Centre	Brampton House 60 Grove End Road London NW8 9NH. Map link	Wednesday & Friday

Extended Access Hub (out of hours):

Location	Address	Operating Hours
South Westminster Centre	St Georges House 82 Vincent Square London SW1P 2PF (Entrance on Elverton Street). Map link	Monday - Friday 6:30pm - 8pm Saturday 9am - 4pm
Connaught Square	41 Connaught Square, St George's Fields London W2 2HL. Map link	Monday - Friday 6:30pm - 8pm Saturday 10am - 5pm

Where can I find more information?

The following NHS websites have useful information on measles, MMR vaccines and vaccines in general:

[NHS information on measles](#) and [the MMR vaccine](#)

[Westminster Family Information Service - measles](#) – this website can be translated into many different languages.

[Kensington and Chelsea Family Information Services - measles](#) – this website can be translated into many different languages.

Videos

[English video of Westminster GP](#) speaking about measles:



[Arabic video of Kensington GP](#) speaking about measles and the pork gelatine-free vaccine:



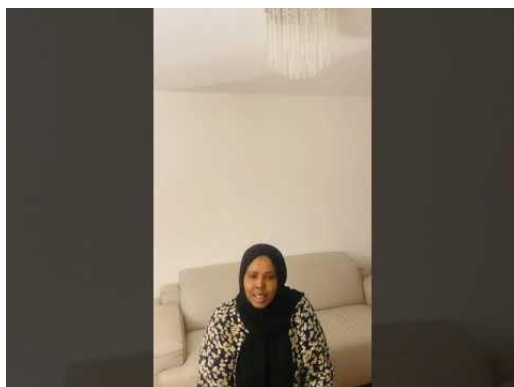
[English video about false information](#) around the MMR vaccine:



[Romanian measles video:](#)



[Somali measles video:](#)



NHS leaflets in various languages

- [Disease information sheet MEASLES English](#)
- [Disease information sheet MEASLES Albanian](#)
- [Disease information sheet MEASLES Arabic](#)
- [Disease information sheet MEASLES Bengali](#)
- [Disease information sheet MEASLES Polish](#)
- [Disease information sheet MEASLES Romanian](#)
- [Disease information sheet MEASLES Somali](#)
- [Disease information sheet MEASLES Turkish](#)

Crib sheet – summary of measles and MMR



Measles poster crib
sheet.pdf

An NHS leaflet titled 'Measles'. It features the NHS logo at the top right. The main title 'Measles' is in large white text on a red background. Below the title, there is a small illustration of a person and a paragraph explaining that measles is a serious disease caused by a very infectious virus, which can be dangerous for babies, young children, and pregnant women. The leaflet is divided into several sections: 'Catching measles', 'Symptoms of measles', and 'Possible complications'. Each section includes text and small icons. The 'Catching measles' section explains how the virus spreads and how long it can stay in the air. The 'Symptoms of measles' section lists rash, fever, loss of appetite, sore, red eyes, and cough, each with a corresponding icon. The 'Possible complications' section lists hearing loss, blindness, pneumonia, encephalitis, brain damage, and death, each with a corresponding icon. At the bottom, there is a warning about pregnancy and a note about the virus attacking the immune system.