



**4<sup>th</sup> September 2025**

Dear Parent/ Guardian,

**Re: Increase in measles cases and how to protect your family**

Between January and May 2025, Bristol had 47 confirmed cases of measles. Cases were seen in both adults and children, and some people were very unwell and needed treatment in hospital. During this time, Bristol had more measles cases than any other area in England.

In Bristol, our MMR vaccination uptake is too low, which means we remain at risk of further outbreaks in the city.

We are urging parents and carers in Bristol to take action to protect themselves and their children from catching measles.

**Anyone who is not vaccinated is at risk of catching measles.**

By booking yourself and your children in for any missed measles, mumps, and rubella (MMR) vaccinations you will protect your own family and help protect others.

If you are unsure if you've been vaccinated, you can check in your personal child health record, known as the red book, or speak to your GP practice. There's no harm in receiving an additional dose if you are unsure if you've been vaccinated before.

The MMR vaccine is safe, effective and free on the NHS, whatever your age. Two doses provide you with 99% protection against catching measles and it's never too late to get vaccinated.

If you don't eat pork products, please ask for the pork free vaccine, called Priorix. If you have any questions about the MMR vaccine please do speak to a qualified health professional such as your GP practice, pharmacy or health visitor.

If you would like to learn more about the MMR vaccine, you can watch a short video created by Caafi Health at [bit.ly/lets-talk-MMR](https://bit.ly/lets-talk-MMR) or by scanning this QR code.

Further information can be found at [www.bnssghealthiertogether.org.uk/vaccination/mmr-information/](https://www.bnssghealthiertogether.org.uk/vaccination/mmr-information/)



## **What is measles?**

Measles is highly infectious and can cause serious long-term complications such as pneumonia, swelling of the brain, permanent hearing loss, harm to unborn babies and on rare occasions, death.

Measles can spread very easily among those who are unvaccinated. Approximately 17% of five-year-old children in Bristol have not had the MMR vaccination and so are currently not protected. There are also a significant number of older children and younger working adults who have missed their MMR vaccination and are therefore not protected.

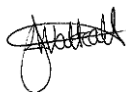
## **What you need to do if you think your child has measles**

If your child develops the symptoms of measles, such as a high temperature; a runny or blocked nose; sneezing; a cough; red, sore, watery eyes; or a rash, then:

1. Contact your GP if you are worried. You should call your GP or NHS 111 before visiting them in person. This is to avoid spreading measles to others.
2. Keep them away from their education or childcare setting, or work, for at least four days from when the rash first appears (the date the rash appears is the day that you should begin isolation). Do tell your child's school or early years setting if measles is confirmed.
3. Avoid close contact with vulnerable people. This includes babies under 12 months, people who are pregnant and people with weakened immune systems.

To find out more about measles and see images of what the rash might look like on your child's skin visit [www.nhs.uk/conditions/measles/](http://www.nhs.uk/conditions/measles/).

Yours sincerely



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