

Measles, mumps and rubella (MMR) vaccine



Dear parent or carer

With the summer break just around the corner, now is a good time to check if your child is fully vaccinated against measles. We are currently seeing an increase in the number of people getting ill with measles.

Measles is a highly infectious viral illness that can be very unpleasant and can sometimes lead to serious complications such as infection of the lungs (pneumonia) or swelling of the brain (encephalitis).

There's a free vaccine available, which is over 95% effective in protecting you and your child against measles. It's called the measles, mumps and rubella (MMR) vaccine. It's given in two doses as part of NHSScotland's childhood vaccination programme and it also protects against mumps and rubella. The first dose is offered when children are around 12 months old, followed by a second dose from age 3 years 4 months. It is important to get both doses.

If your child missed these when offered, please get them vaccinated. This is particularly important if your child is moving to P1 in August or if they are starting at or moving childcare setting, when they'll be mixing with lots of new children. It's also important for everyone who plans to travel to an area outside Scotland this summer, which is considered to have a high risk of exposure to measles. Children may be able to get vaccinated earlier than normal if you're travelling to one of these areas. For more information, visit

www.nhsinform.scot/MMRagainstmearles

What you need to do

- Check your child's Red Book to see how many doses of the MMR vaccine they've had. If they're younger than 3 years 4 months, they should have received one dose. If they're 3 years 4 months or older, they should have had two doses.
- If you do not have your child's Red Book to hand, you can speak to your local NHS immunisation team. Contact details are available at www.nhsinform.scot/gettingvaccinations or by calling **0800 22 44 88**.
- Check that you and other adults in the family have been vaccinated against measles. You can do this by asking your GP practice for a record of your vaccination history.

The MMR vaccine is highly effective in preventing measles, so if your child has had the right number of doses for their age, you do not need to take any further action.

How to arrange vaccination

Visit www.nhsinform.scot/MMRagainstmeasles to find out how to get vaccinated. You can also find out more about the symptoms of measles, how it's spread and when to get medical advice.

If you have recently moved to Scotland, make sure you're up to date with vaccinations offered for free by NHSScotland. You may be eligible for additional vaccines that were not available where you lived previously. For more information, visit

www.nhsinform.scot/immunisation

Yours faithfully

Dr Sam Ghebrehewet

Head of Vaccination and Immunisation

Public Health Scotland

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