



12 June 2023

Ickburgh School  
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Dear Parent/Carer

**RE: Measles**

We have been informed by Public Health that measles cases are increasing across London; City and Hackney populations are at particular risk of outbreaks because of low vaccination rates. Measles is a highly contagious, airborne disease caused by a virus that can lead to severe complications. More details about measles can be found on the other side of this page, including spotting the signs. This information is taken from the NHS website, which can be accessed with further information here: <https://www.nhs.uk/conditions/measles/>

If we have a case of measles at the school, we will contact our local Health Protection Team who will support us to do everything we can to reduce the number of cases. We understand they will advise us:

- That anyone who is unwell should be isolated immediately.
- Infected individuals should be excluded until 4 days after the onset of the rash (where the date of the rash onset is day 0).
- Any unvaccinated or partially vaccinated pupils should be encouraged to seek advice from their general practitioner or practice nurse. Note they may be required to isolate for up to 21 days.

To help reduce the risk of catching the virus, and of spreading the virus or being required to isolate for up to three weeks, we would encourage you to consider getting your child vaccinated if you haven't already. To receive the vaccination, you can contact your GP. It is never too late to receive the vaccine, so adults can seek this too.

Appreciating that this will be of concern to you, but I hope this letter provides some reassurance of our preparedness for responding to the measles.

Please don't hesitate to get in touch with any concerns or queries.

All best wishes

Joe Sieber  
Headteacher

## Measles

Measles is an infection that spreads very easily and can cause serious problems in some people. Having the MMR vaccine is the best way to prevent it.

### Check if you or your child has measles

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

#### Cold-like symptoms

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

#### Spots in the mouth



Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.

#### The measles rash

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



The rash starts on the face and behind the ears before spreading to the rest of the body.



The spots of the measles rash are sometimes raised and join together to form blotchy patches. They're not usually itchy.



The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

Information:

#### If you're not sure it's measles

It's very unlikely to be measles if you've had both doses of the MMR vaccine or you've had measles before.

#### **Urgent advice: Ask for an urgent GP appointment or get help from NHS 111 if:**

- you think you or your child may have measles
- you've been in close contact with someone who has measles and you've not had measles before or you've not had 2 doses of the MMR vaccine
- you've been in close contact with someone who has measles and you're pregnant – measles can be serious in pregnancy
- you have a weakened immune system and think you have measles or have been in close contact with someone with measles

Measles can spread to others easily. Call your GP surgery before you go in. They may suggest talking over the phone. You can also call 111 or [get help from 111 online](#).