

Public Health

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Date: 28/03/2025

Dear Patient,

### **Possible exposure to measles**

You may have had contact with a person with measles at Clarkston Medical Practice, Eastwood Health and Care Centre, Drumby Crescent, Clarkston, G76 7HN on Tuesday 25<sup>th</sup> March 2025.

This means that if you are not fully vaccinated against measles with 2 doses of the measles, mumps and rubella (MMR) vaccine, you may be at risk of developing measles. This letter provides information about what you should do to protect your health and others around you.

**The vast majority of people who have had two doses of the MMR vaccination will not be at risk following this exposure and do not need to take any further action.**

Measles is an infection that spreads very easily. It can occur suddenly, and people can become unwell quickly. At the end of this letter, there is more information about measles – please read this to learn more about the symptoms of measles, how it spreads and about vaccination against measles. There is also further information available about measles at [www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/measles/](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/measles/)

## **When to seek further advice:**

### **Pregnant women**

If you're pregnant and are unsure whether you've had two doses of the MMR vaccine, contact your GP or midwife and tell them that you may have been in contact with someone who has measles. Although you cannot get the vaccine when pregnant, it's important that your GP is aware.

### **People who become unwell**

You should speak to your GP or NHS 111 if you get a high temperature with a cough, runny nose, sore red eyes and rash in the 3 weeks after attending Clarkston Medical Practice, Eastwood Health and Care Centre (i.e. up until Tuesday 15<sup>th</sup> March 2025). You should try to call your GP or NHS 111 before visiting them in person. This is to avoid spreading measles to others.

Tell your doctor that you have received this letter and may have been in contact with someone who has measles. It can be difficult to know when to seek help if a child is unwell. If you are worried about a child, especially if they are aged under 2 years old, then you should seek medical help.

### **People with a weak immune system**

If you have a weakened immune system, you should contact your GP and tell them that you may have been in contact with someone who has measles. Your doctor may want to do a test to find out if you are protected from measles, or give you treatment to reduce your risk of becoming unwell.

### **People who have not had 2 doses of the MMR vaccine**

If you are unsure if you have had 2 doses of the MMR vaccine, which will protect you against measles, please see further information on the MMR vaccine [MMR vaccine - Immunisations in Scotland | NHS inform](#)

If you have missed a dose, you can still be vaccinated at any age.

If you have any questions regarding this letter, please contact the Public Health Protection Unit on 0141 201 4917 option 3 during the hours of 9am to 5pm Monday to Friday.

Kind regards,

A handwritten signature in cursive script that reads "Helen Benson". The signature is written in a dark ink and is set against a light yellow rectangular background.

Helen Benson  
Consultant in Public Health (Health Protection)

# Measles factsheet

## What measles is

Measles infection is caused by a virus, and spreads between people very easily. Once symptoms start, people can become unwell quickly. You can get measles at any age, but it is often young children who catch it.

## How measles spreads

You can catch measles through close contact with someone who has measles. This could be from the air when they cough or sneeze, or by touching things that someone with measles has coughed or sneezed on. Measles spreads very easily in households and in other places where people mix closely together.

You can be protected from catching measles if you have had 2 doses of the measles, mumps and rubella (MMR) vaccine, or if you have had the infection before.

A person with measles can spread the infection in the 4 days before they get the rash until 4 days after they develop their rash.

## Symptoms of measles

Symptoms of measles usually start between 10 and 12 days after catching the infection. Sometimes it can take up to 21 days for any symptoms to appear.

Measles usually starts with cold-like symptoms. The first symptoms of measles include:

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

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.

A rash usually appears 2 to 4 days after the cold-like symptoms started. The rash starts on the face and behind the ears before spreading to the rest of the body.

The spots of the measles rash can sometimes be raised. They may join to form blotchy patches. They are not usually itchy.

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

## How serious is measles?

Around 1 in 15 people with measles can become seriously unwell. Younger children, pregnant women and people with weakened immune systems are more likely to become seriously unwell.

The more serious complications of measles can include:

- ear infections
- lung infection (pneumonia)
- diarrhoea
- dehydration
- fits (which are less common)

Measles infection during pregnancy can result in the loss or early birth of the baby.

## Preventing measles

Having the MMR vaccine is the best way to prevent measles.

The vaccine is usually given to children in two doses. The first dose is given to children aged 12 months old, and the second dose is given after they are 3 years and 4 months old.

If your child is identified as a close contact of someone with measles, sometimes your doctor may recommend the MMR vaccine is given earlier than these scheduled doses. If a dose is given to an infant aged under 12 months, then the usual 2 doses of MMR still need to be given at the usual times (with a minimum of 1 month gap between any doses).

If someone has missed a dose or are unsure if they have had any vaccinations, the vaccine can be given at any age. Parents and guardians can check their child's red book for their vaccination records.

Pregnant women or people with weakened immune systems should not have the vaccine. If they think they have had contact with someone with measles they should speak to their GP or midwife for further advice.

For more information on MMR vaccinations visit:

[MMR vaccine - Immunisations in Scotland | NHS inform](#)

### **Staying away from other people if you are unwell with measles**

A person with measles can spread the infection in the 4 days before they get the rash. Once a person has the rash, they can still spread the infection for another 4 days.

If you have been told by a healthcare professional that you might have measles, you should stay away from childcare, school or work for at least 4 days from when your rash first appeared. You can return to your normal activities after 4 days if you feel well and you no longer have a temperature.

### **Treatments for people with measles**

Measles usually starts to get better in about a week.

It can help to rest and drink plenty of fluids, such as water, to avoid dehydration.

Measles can sometimes cause other illnesses. You may be given antibiotics to treat them.

If you have been told by a healthcare professional that you might have measles and think that you or your child are developing more serious health effects, you should contact your GP.

### **Further information on measles is available at:**

[Measles | NHS inform](#)