

Have a lovely summer holiday!

Are you going away this summer or having visitors from abroad?









Think measles!

- Not just a kids' problem
- It's highly infectious and still common in many countries around the world

Protect yourself and family with MMR vaccine

- Available to all adults and children - it's never too late!
- Speak to your GP or Practice nurse if you're unsure whether you're protected

How to stay safe and what to do if you think you've come into contact with measles.

<p>The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months</p> 	<p>Symptoms</p> <p>Rash </p> <p>Temperature </p> <p>Runny Nose </p> <p>Red Eyes </p> <p>Cough </p>
<p>If you have not had two doses, you can get them <u>free</u> from your GP surgery</p> 	
<p>Know the symptoms! Keep people with symptoms away from others</p> 	
<p>Call ahead before going to A&E or your GP</p> 