

MEASLES



Important information for staff working in Early Years settings

Measles is extremely infectious and spreads quickly from person to person.

Measles symptoms include:

- a high temperature
- a runny or blocked nose
- coughing, sneezing
- red, sore, watery eyes
- small white spots may appear inside the cheeks and on the back of the lips
- a rash that appears a few days after the cold-like symptoms, starting on the face before spreading elsewhere on the body

Measles is infectious from **4 days before rash onset** until **4 full days after the rash appears**.

What to do if you think a child in your care has measles

- Follow your organisation's procedure for contacting parents or carers when children become unwell. Children with suspected measles need to be isolated and kept apart from others.
- Advise the child's parent or carer to call their GP practice or 111 for advice. A child with suspected measles must not go to their GP practice as this risks passing the infection to others.
- For further advice, including if it isn't possible to isolate the child, contact the UKHSA Yorkshire Health Protection Team on 0300 303 0234.

Exclusion

Children will need to stay off nursery for at least 4 days from when their rash first appeared, and should avoid close contact with babies, pregnant women, and those with weakened immune systems.

Prevention

The MMRV vaccine is the best protection against measles, mumps, rubella, and varicella (chickenpox).

Please encourage parents to check if their child has had their MMRV vaccinations. If they are unsure, encourage them to speak to their GP practice.

Remember!

People who have not been vaccinated with 2 doses of measles-containing vaccine are susceptible to catching the disease. Children become very ill with measles, **but so do adults.**

Unvaccinated nursery staff are at risk if a child becomes unwell, and may have to exclude from the setting for a period of time. It is therefore **important that staff are also fully vaccinated against measles.**



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**Important information for staff -
know what to look out for**



1. Measles rash usually starts on the face and behind the ears



2. Measles rash on the body



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



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

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