

# Is your child protected against Measles, Mumps and Rubella?

Measles cases are rising in London. The virus is highly contagious and infects the mouth, nose, throat and lungs, causing severe disease which can result in complications and even death.

There is no cure and vaccinations are the only protection to prevent a Measles outbreak.

Did you know your child is entitled to be vaccinated for **FREE**.

## Walk-in children's vaccine clinics in your local area:

**Saturday 21 October**  
Barking Learning Centre, IG11 7NB  
10am to 3pm

**Tuesday 24 October**  
Valance Library, RM8 3HT  
10am to 3pm

**Saturday 28 October**  
Darul Ummah Goresbrook, RM9 4XR  
9.30am to 12.30pm

**Saturday 11 November**  
Heath Community Hub, RM10 7HX  
9.30am to 2pm

**What is the MMR vaccine?**  
The MMR vaccine is given in two doses, it protects against 3 serious illnesses: measles, mumps, rubella.



No appointment needed just turn up.

Please bring your child's red book.

For more information visit [www.lbdd.gov.uk/measles](http://www.lbdd.gov.uk/measles)

# Measles: Don't let your child catch it

Get them vaccinated with the MMR vaccine.

- Measles outbreaks happen when not enough children have been vaccinated
- Measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- Your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- If your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible
- If you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- If you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected.

For more information about how to book

the MMR vaccine visit: [www.lbbd.gov.uk/measles](http://www.lbbd.gov.uk/measles)