

I've heard the MMR causes autism. Is that true?

No. One study was published in 1998 that made this claim. Since then 21 research papers have proven this to be false and the lead researcher on the original paper is no longer allowed to practice medicine in the UK.

Is there animal substances in the MMR?

The MMR vaccine given out to most people does contain some pork substances. There is a pork free version of the MMR vaccine that can be requested.

Where do I get the MMR?

You can call your GP to book yours or your child's MMR vaccine at any time.

There are also many pop-up clinics happening in your area at the moment. You can find out about these at:

<https://blackcountry.icb.nhs.uk/your-health/health-advice/measles>

MEASLES

AND THE MMR VACCINE



What is measles?

Measles is a very serious disease that spreads very easily through people who have not had the vaccine. It can cause serious problems and even death in some people.

How do I know if it's measles?

Measles usually starts with cold-like symptoms. These include a high temperature, red eyes, a cough and a runny or blocked nose.

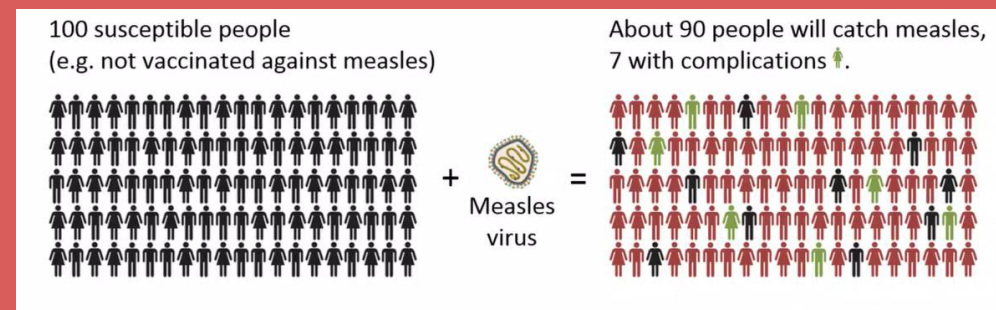
These are followed by a rash that usually starts on the face and behind the ears. The spots of the measles rash are sometimes raised and join together to form blotchy patches.

Small white spots may appear inside the cheeks and on the back of the lips.



Why is it spreading now?

Measles was nearly eradicated as the vaccine is so effective. However, recently fewer people have taken up the free vaccine available to all children on the NHS. This means that not enough people are vaccinated to stop it spreading. However, UKHSA have said there have been no cases of measles in anyone who has had both doses.



Who will catch it?

Anyone who has not had the MMR vaccine is vulnerable. The most at risk are children, pregnant women and those with weakened immune systems.

Why are people worried about measles?

One million children worldwide die from measles every year and pregnant women are at greater risk of miscarriage or early delivery.

Measles can also cause serious problems if it spreads to other parts of the body like the lungs or brain. It can cause pneumonia (a serious lung infection), blindness, fits and meningitis.

What do I do if I think someone I know has it?

It is important that you do not go to a GP or hospital without calling 111 first as you will need to be isolated upon arrival.

You can give paracetamol and plenty of fluids to help with some of the symptoms but there is no real cure.

Try not to share items such as bedding and cutlery with a person who has the disease.