

Tuesday, 14 April 2026

Dear Parent/Carer/Guardian,

Increasing measles cases in Islington – make sure you and your children are protected

There has been a significant increase in measles cases in North London since the start of the year and in recent weeks we have particularly seen an increase in the numbers of cases in Islington, the vast majority of whom are children.

Measles is a painful and serious illness which can lead to hospitalisation and death. Around 1 in 5 children who have caught measles in the North London outbreak have required hospitalisation, and many more have visited A&E departments due to symptoms.

Measles is one of the most infectious diseases in the world and spreads very easily. If your child (or you as an adult) are not fully vaccinated against measles with 2 doses of the measles, mumps and rubella (MMR) vaccine, then you are at risk of developing measles (unless you have had measles in the past). This letter provides information about what you should do to protect your health and others around you.

What should you do now?

1. Read the information about signs and symptoms of measles

Measles spreads very easily. It can occur suddenly, and people can become unwell quickly. Attached to this letter is a **Measles Disease Fact sheet**, 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.nhs.uk/conditions/measles.

2. Check if your children (and you) have had the MMR vaccinations

Look in the child's Red Book or contact your GP practice. If vaccinations are missing, you can book to have these through you GP or school aged vaccination provider (see below)

3. Arrange MMR vaccination if you/your child are not vaccinated

You can get vaccinated at your GP practice, **the vaccine is available for free and to anyone who has not had their MMR**. In addition, Vaccination UK are providing community clinics in Islington and neighbouring areas for children aged 1 to 18 years. You do not need to be registered with a GP to attend Vaccination UK community clinics. If your child needs to catch up on their vaccinations, then please call 0208 017 7925 or email:

Islington@vaccinationuk.co.uk

4. **Contact your GP or call NHS 111 if you or your child becomes unwell with a high temperature with a cough, runny nose, sore red eyes or rash.** You should call your GP before going to the GP practice. This is to avoid spreading measles to others.

5. **Tell your child's nursery or school, if you think your child may have measles**

If someone is thought to have measles, they should stay away from their education or childcare setting or workplace whilst unwell, and for at least 4 days from when the rash first appears. Measles is very infectious, if your child is identified as being a close contact of a person with measles and they are unvaccinated they may be advised to stay at home and isolate for up to 21 days (as per national guidelines). They should also avoid close contact with infants under 12 months, people who are pregnant and people with weakened immune systems.

Yours sincerely



Jonathan O'Sullivan

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