

Measles Action Card: Suspected Measles – Schools

What is measles?

Measles is a very infectious virus, which spreads quickly if people have not had the MMR vaccine. Two doses of MMR are needed for maximum protection. A version of MMR is available which does NOT contain pork ingredients.

Measles can cause severe illness, especially in certain at-risk groups including babies and small children, pregnant women, and people with weak immunity. Complications could mean hospitalisation, permanent disability, and in rare cases, it can even cause death.

What are the symptoms of measles?

- cold-like symptoms such as runny or blocked nose, sneezing and cough
- red, sore watery eyes
- high temperature (fever) which may reach around 40°C / 104°F
- a non-itchy, red-brown rash usually appears 3-5 days later (sometimes starts around the ears before spreading to rest of the body), spots may be raised and join to form blotchy patches – which may be harder to see on darker skin tones

What do I do if a child has suspected measles?

If children have symptoms of measles, please tell them to stay at home or return home. **Please advise parents they should not bring their children to the setting with any symptoms of measles.**

Suspected measles may cause concern. Advice is available on the NHS website, UKHSA webpages, NHS 111 and from the person's GP. Please advise parents NOT to go to their GP practice or any other healthcare provider – instead, they should phone for advice and say it could be measles.

Preventing and controlling infections

Please follow UKHSA guidance. **USE THIS QR CODE and go to page 36, and take note of the following:**

- If **pupils or staff** have measles, they should be off school until **4 days** after the rash begins
- Contacts of cases at higher risk of developing measles (eg unvaccinated siblings) should be advised to self-exclude from school for the incubation period (**21 days after contact with a case of measles**)
- UKHSA will support in the risk assessment and advise on actions that need to be taken.



Measles is a notifiable disease

If in doubt, follow the 'Think Measles guidance' and ensure that you report a possible case to the **UKHSA West Midlands Health Protection Team:**

Call: 0344 225 3560 (option 2)

Email: BAT@ukhsa.gov.uk for non-clinical enquiries

To contact the UKHSA West Midlands Acute Response Centre directly, use:

Westmidlands.arc@ukhsa.gov.uk – for general non-sensitive emails

Phe.wmarc@nhs.net – if you need to send sensitive information

Further information and resources are available on the [Measles/MMR page on the Black Country ICB website](#).