



Public Health  
England

# Measles: How to Stay Safe

The best protection is 2 doses of the safe, effective MMR vaccine at 1 year of age, and 3 years, 4 months



If you have not had two doses, you can get them free from your GP surgery



Know the symptoms!  
Keep people with symptoms away from others

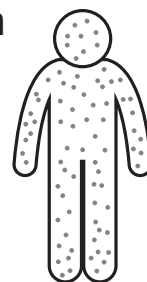


Call ahead before going to A&E or your GP



## Symptoms

Rash



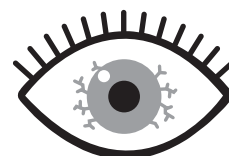
Temperature



Runny Nose



Red Eyes



Cough

