



Public Health  
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Dear Parent/Carer,

I am writing to you about the current measles situation in London and MMR (measles, mumps and rubella) vaccination.

## Measles

You may have seen or heard news reports recently about rising cases of measles in London. Measles spreads very easily among people who have not been vaccinated, especially in nurseries and schools. In some children it can be very serious.

For more information about measles, its symptoms, and vaccinations by visiting:  
<https://www.nhs.uk/conditions/measles/>

## Getting Vaccinated

The best way to prevent measles is to make sure that parents/carers and children are up to date with their vaccinations. The MMR (measles, mumps and rubella) vaccine is highly effective after two doses and will help protect your children and stop outbreaks in the community.

It is free on the NHS, whatever your age. If anyone has missed one or both doses of the MMR vaccine, please contact your GP practice to book an appointment.

In Lewisham, over the half-term there will also be a number of walk-in clinics taking place for those who are not up to date with their MMR vaccination:

The clinics are taking place at Lewisham Hospital Education Centre, SE13 7LH from 8am to 4.30pm on Monday 12 February, Thursday 15 February and Friday 16 February.

No appointment is needed and you can just turn up. Please also see the attached flyer from our local NHS for further information.

Yours sincerely,

Dr Catherine Mbema  
Director of Public Health  
Lewisham Council



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