

People Directorate
Director of Public Health – Carole Furlong

Flu + MMR vaccination / Winter Readiness

Autumn Term 2019

Dear Parent / Carer

We know that for most of you your child will be up-to-date with all their vaccinations. Thank you as this not only protects your child from several contagious and potentially serious diseases but also protects vulnerable members of your family and our community - like children who may not have, or may not be able to develop, immunity.

Every year all children aged 2 or 3 will be offered the flu vaccination by their GP and from Reception Year to 10 years old by the immunisation team in school. Children over the age of 10 years who are at risk e.g. have asthma or diabetes should get the flu vaccination every year from their GP.

Keeping your child at home if they have symptoms of flu-like illness or diarrhoea and/or vomiting or any other infectious disease is also important as this also helps prevent wider outbreaks of diseases like flu and norovirus, especially at this time of year.

In London, vaccination rates for MMR in children are lower than needed. We currently have outbreaks of measles in London and outbreaks are also being seen in other parts of the UK along with large outbreaks across Europe. Measles is a highly infectious viral illness that can be very unpleasant and sometimes lead to serious complications.

The best protection against measles is to ensure your child has had two doses of the mumps, measles and rubella (MMR) vaccination. Search online: "NHS MMR vaccine". Children up to the age of 18 who missed, or only partially completed, their earlier MMR vaccination can have a "catch-up" MMR vaccination on the NHS.

If you are not sure:

1. Check that your child has had all the correct vaccinations. It will be recorded in your child's red book, or you can ask your GP.
2. If you think your child has missed any of the vaccinations, please speak with your GP in the first instance.

There is lots of information about vaccination here: www.nhs.uk/vaccinations. Here is the childhood vaccination schedule:

Age	Vaccine
8 weeks	6-in-1 vaccine Pneumococcal (PCV) vaccine Rotavirus vaccine MenB
12 weeks	6-in-1 vaccine (2nd dose) Rotavirus vaccine (2nd dose)
16 weeks	6-in-1 vaccine (3rd dose) Pneumococcal (PCV) vaccine (2nd dose) MenB (2nd dose)
1 year	Hib/MenC (1st dose) MMR (1st dose) Pneumococcal (PCV) vaccine (3rd dose) MenB (3rd dose)
2 to 10 years	Flu vaccine (every year) (Children over 10 years who are at risk e.g. have asthma should get this vaccination every year from their GP.)
3 years and 4 months	MMR (2nd dose) 4-in-1 pre-school booster
12 to 13 years	HPV vaccine
14 years	3-in-1 teenage booster MenACWY

Yours faithfully



Carole Furlong
Director of Public Health

A large graphic of a measles virus particle, composed of a red outer shell and a white inner core, is shown in a halftone dot pattern. It is tilted diagonally across the top half of the page. Below it, a red banner with white text is also tilted diagonally.

Don't let your child catch it

– get them vaccinated with the MMR vaccine

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments - you could spread the illness to others.

Measles symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.