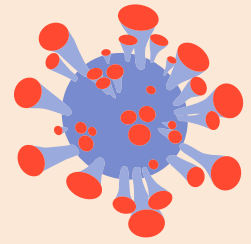


# Measles spreads easily between unvaccinated people and cases in England are on the rise

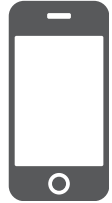


**Two MMR vaccinations provide lifelong protection against serious illness.**



 **You can get vaccinated for free on the NHS.**



 **Contact your GP surgery to catch up on any missed doses.**



**Alternative non-porcine products (pork ingredients) are available if required.**

[nhs.uk /MMR](https://nhs.uk/MMR)