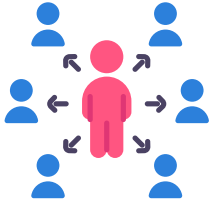


Measles cases are on the rise in England



Measles spreads easily between unvaccinated people.



However, two measles, mumps and rubella (MMR) vaccinations will give protection to you, your family and friends.



You can get vaccinated for free on the NHS.

Children should receive the first dose at age one and the second at three years and four months.

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



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

NHS



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Don't risk leaving your child unprotected



Having two MMR vaccinations is the best way to protect your child.

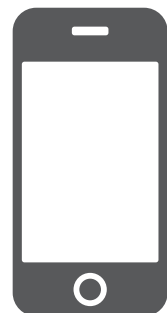


Check your child's Personal Child Health Record (PCHR) known as the 'Red Book/eBook' or speak to your GP surgery.



Its never too late to catch up!

If you or your child have missed any doses, please make an appointment at your GP surgery to catch up.



nhs.uk /MMR



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