

Public Health

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Your/Our Ref: HPZ 1844481

Enquiries to: Public Health Protection Unit

Phone Number: 0141 201 4917

Email: ggc.phpu@nhs.scot

Date: 23/05/2025

Dear Patient,

Possible exposure to measles

You may have come into contact with a person with measles when you attended Govanhill Health Centre Victoria Practice on Thursday 22nd May 2025.

This means that if you are not fully vaccinated against measles with two doses of the measles, mumps and rubella (MMR) vaccine and have never had measles in the past, then you may be at risk of developing measles. This letter provides information about what you should do to protect your health and others around you.

If a friend, family member or carer accompanied you during your visit to the practice, please show this letter to them as the advice it contains would also apply to them.

The vast majority of people who have had two doses of the MMR vaccination, or have had measles in the past will not be at risk following this exposure and do not need to take any further action.

Measles is an infection that spreads very easily. It can occur suddenly, and people can become unwell quickly. At the end of this letter, there is more information about measles – please read this to learn more about the symptoms of measles, how it spreads and about vaccination against measles. There is also further information available about measles at www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/measles/

When to seek further advice:

Pregnant women

If you're pregnant and are unsure whether you've had two doses of the MMR vaccine, contact your GP or midwife and tell them that you may have been in contact with someone who has measles. Although you cannot get the vaccine when pregnant, it's important that your GP is aware.

People with a weak immune system

If you have a weakened immune system, you should speak to your GP and tell them that you may have been in contact with someone who has measles.

People who become unwell

In the event that you develop symptoms of measles (e.g. a high temperature with a cough, runny nose, sore red eyes and/or rash) in the 3 weeks after you attended Govanhill Health Centre Victoria Practice (i.e. up until 12/05/2025), you should speak to your GP or NHS 111. You should try to call your GP or NHS 111 before visiting them in person. This is to avoid spreading measles to others. Tell your doctor that you have received this letter and you may have been in contact with someone who has measles.

Healthcare workers

If you are a healthcare worker, please contact your employer's occupational health service for advice about work and show them this letter.

People who have not had two doses of the MMR vaccine

The MMR vaccine protects against measles, mumps and rubella. If you are not sure that you have had two doses of the MMR vaccine, please see further information at [MMR vaccine - Immunisations in Scotland | NHS inform](#) (under the tab 'If you're unsure you've had 2 doses of the MMR vaccine'). If you have not yet had two doses of MMR, you can still be vaccinated at any age and we encourage you to get vaccinated now.

If you have any questions regarding this letter, please contact the Public Health Protection Unit on 0141 201 4917 option 3 during the hours of 9am to 5pm Monday to Friday.

Kind regards,



Helen Benson, Consultant in Public Health

Measles factsheet

What measles is

Measles infection is caused by a virus, and spreads between people very easily. Once symptoms start, people can become unwell quickly. You can get measles at any age, but it is often young children who catch it.

How measles spreads

You can catch measles through close contact with someone who has measles. This could be from the air when they cough or sneeze, or by touching things that someone with measles has coughed or sneezed on. Measles spreads very easily in households and in other places where people mix closely together.

You can be protected from catching measles if you have had 2 doses of the measles, mumps and rubella (MMR) vaccine, or if you have had the infection before.

A person with measles can spread the infection in the 4 days before they get the rash until 4 days after they develop their rash.

Symptoms of measles

Symptoms of measles usually start between 10 and 12 days after catching the infection. Sometimes it can take up to 21 days for any symptoms to appear.

Measles usually starts with cold-like symptoms. The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

Small white spots may appear inside the cheeks and on the back of the lips a few days later. These spots usually last a few days.

A rash usually appears 2 to 4 days after the cold-like symptoms started. The rash starts on the face and behind the ears before spreading to the rest of the body.

The spots of the measles rash can sometimes be raised. They may join to form blotchy patches. They are not usually itchy.

The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

How serious is measles?

Around 1 in 15 people with measles can become seriously unwell. Younger children, pregnant women and people with weakened immune systems are more likely to become seriously unwell.

The more serious complications of measles can include:

- ear infections
- lung infection (pneumonia)
- diarrhoea
- dehydration
- fits (which are less common)

Measles infection during pregnancy can result in the loss or early birth of the baby.

Preventing measles

Having the MMR vaccine is the best way to prevent measles.

The vaccine is usually given to children in two doses. The first dose is given to children aged 12 months old, and the second dose is given after they are 3 years and 4 months old.

If someone has missed one or both doses of MMR or are unsure if they have had them, the vaccine can be given later at any age. Parents and guardians can check their child's red book for their vaccination records.

Pregnant women or people with weakened immune systems should not have the MMR vaccine. If they think they have had contact with someone with measles they should speak to their GP or midwife for further advice.

For more information on MMR vaccination visit:

[MMR vaccine - Immunisations in Scotland | NHS inform](#)

Staying away from other people if you are unwell with measles

A person with measles can spread the infection in the 4 days before they get the rash. Once a person has the rash, they can still spread the infection for another 4 days.

If you develop symptoms of measles, you should stay away from childcare, school or work until you have been assessed by a doctor and should then follow the instructions they give you. If you are diagnosed with measles you will be able to return to your normal activities after 4 days from when your rash first appeared, provided you feel well and you no longer have a temperature.

Further information on measles is available at:

[Measles | NHS inform](#)