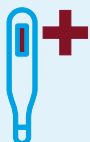


Symptoms of measles

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



runny or
blocked nose



red, sore,
watery eyes



sneezing



coughing



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.

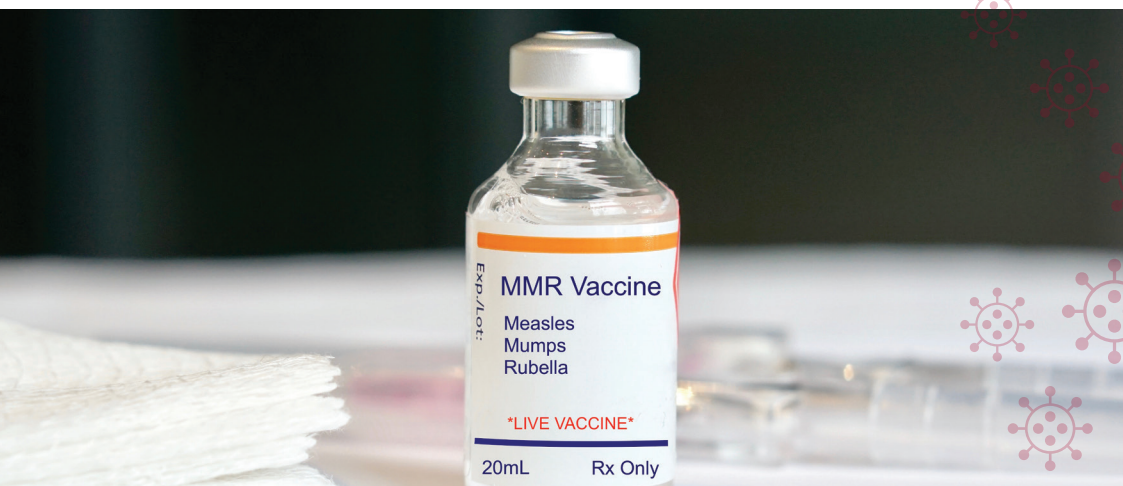
Measles cases are rising in your area.

Measles is a **highly infectious disease** that can lead to **serious illness**.

The best way to protect yourself, your family, and your community is **to get vaccinated against measles with the MMR vaccine**. This is free, safe, and highly effective, and given in two doses.

It can be given to **anyone over 12-months of age**, with the exception of pregnant women and those with a weakened immune system.

To protect the community, NHSGGC are offering **extra MMR vaccination sessions in your area**. We are encouraging anyone who hasn't been vaccinated with two doses of MMR to attend these.



For current information on MMR vaccination sessions in your area, visit www.nhsggc.scot/generalvaccinations

