

Cumberland Infant School & Little Cumberland Pre-School

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Dear Parents/Carers,

As you are aware that measles is circulating in the West Midlands, at the end of last week there has been confirmation that there is a case of measles within Portsmouth. Although at Cumberland we have no confirmed cases, we have been advised to recommend you check your child's and family's immunisations are up to date.

The best way to prevent measles is through vaccination and it is strongly recommended that all parents ensure their children over 12 months of age have received the MMR vaccine. To be fully vaccinated you need two doses; a first dose at around 13 months and a second dose at 3 years 4 months or soon after. However, MMR can be given at any age over the age of one year. To arrange vaccination please speak to your General Practitioner. More information about MMR can be found here: MMR (measles, mumps and rubella) vaccine - NHS (www.nhs.uk).

Symptoms of measles

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 a few days after the cold-like symptom and starts on the neck and face then spreads to the rest of the body.

More information about measles can be found here:

<http://nhs.uk/conditions/Measles/Pages/introduction.aspx>

Anyone with suspected measles should stay off pre-school, school, or work at home for at least four days after the onset of the rash.

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It is advisable to return to school only after a full recovery. They should also avoid close contact with babies, people who are pregnant and people with a weakened immune systems.

Parents can find further advice on keeping their kids healthy (and attending school) in this blog from UKHSA: [A parent's guide to keeping kids healthy this school term](https://www.blog.gov.uk/2020/09/01/a-parents-guide-to-keeping-kids-healthy-this-school-term/) - UK Health Security Agency ([blog.gov.uk](https://www.blog.gov.uk/)).

Over the last few weeks, Cumberland staff and children have been experiencing a range of illnesses, most commonly, high temperatures but we continue to strive to work together to Care, Inspire and Succeed. If your child does have a temperature of 38 degrees or above, we will send your child home as this is the current Covid guidance.

Thank you for your continued support,

Becky Herbert and the Cumberland Team

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