

# Measles: Public health advice and MMR vaccine catch-up clinics

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QUEEN'S  
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BELFAST

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## Measles: Public health advice and MMR vaccine catch-up clinics

Dear Colleagues and Students,

Following this week's announcement by the Public Health Agency (PHA) that [a case of measles has been diagnosed in Northern Ireland](#), I wanted to write to you to remind you of the current public health advice.

I'd also like to reassure you that having **two doses of the measles, mumps and rubella (MMR) vaccine** provides safe protection against measles.

### Symptoms of measles

**Measles** is very infectious and **anyone with suspected measles must avoid any situation where they can spread the disease**, such as a GP waiting room or an emergency department.

People should phone in advance for advice rather than turning up to a healthcare setting, including out-of-hours surgeries (except in an emergency).

The initial symptoms of measles can include:

- a high temperature (fever);
- a runny or blocked nose;
- sneezing;
- a cough;
- sore, red eyes that may be sensitive to light;
- a few days later, a red-brown blotchy rash will appear. This may start on the head or upper neck, before spreading outwards to the rest of the body.

### What to do if you are diagnosed with measles

If you are diagnosed with measles, your doctor will notify the PHA. The PHA will then contact you to find out who you have been in contact with during any infection period. Please follow the advice of your doctor and the PHA.

All staff and students should continue to follow the normal absence management protocols by letting their line manager or School Office know they are unwell.

## Northern Ireland MMR vaccine catch-up clinics

The Public Health Agency (PHA) recently launched a [vaccine catch-up campaign aimed at protecting the public against measles](#).

First and second doses of the MMR vaccine are being offered **free of charge** at special catch-up clinics until **Sunday 31 March**.

**Anyone aged up to and including 25 years who missed getting the vaccines first time around** is encouraged to attend for vaccination.

Please note:

- If you're an adult up to the age of 25 and are unsure if you are fully vaccinated, you should **contact your GP surgery to check**.
- If you have never received any doses of MMR vaccine, you need to **book early to allow one month between dose one and dose two** before the end of March.
- The catch-up clinics are for those who were scheduled to have an MMR injection in the UK as a child. International students or staff members who are concerned about measles should contact their GP directly for advice.

Information on the MMR catch-up clinics, including how to book, is available on the [NI Direct website](#).

### Guidance on registering with a GP

I'd like to remind all students of the importance of registering with a GP (this stands for 'general practitioner' and is the term used in the UK to describe local or family doctors).

Information on how to do so is available on the [My Queen's website](#).

Best wishes,

Professor Stuart Elborn  
Interim Provost and Deputy Vice-Chancellor