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Our ref: RhS-SA

8th March 2018

Dear Student

Re: Measles in the South East Wales area

You may have already seen or heard some information in the news, and we are writing to inform you that Public Health Wales are aware that measles is currently circulating in South East Wales.

Measles is highly infectious and is generally spread from person to person by coughs and sneezes.

Early symptoms include:

- a high temperature
- cough
- conjunctivitis (painful, red eyes)
- and sometimes small white spots on the inside of the mouth.

A red, blotchy rash appears approximately 3 to 4 days later which usually begins on the face and spreads down over the rest of the body.

If you develop symptoms you should stay home from school / college / university and from social events such as clubs and birthday parties.

If you think you may have symptoms of measles, please do not go to the GP surgery, A&E department or hospital, where you could put other people at risk, without calling ahead first.

If you suspect you may have measles you should contact your GP or NHS Direct Wales on 0845 46 47 for an assessment.

MMR vaccination is the best means of providing protection against measles. If you have not had the full course of two MMR vaccines, you

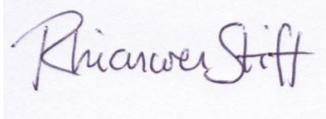


may not be fully protected. You can arrange a vaccination with your General Practice.

General information on measles disease may be obtained from the website, <http://www.nhsdirect.wales.nhs.uk/encyclopaedia/y/article/Yfrechgoch/?locale=en>

Information on MMR vaccination is available at <http://www.nhsdirect.wales.nhs.uk/doityourself/vaccinations/MMR?locale=en>

Yours sincerely

A handwritten signature in black ink that reads "Rhianwen Stiff". The signature is written in a cursive style and is set against a light blue rectangular background.

Dr Rhianwen Stiff
Consultant in Communicable Disease Control