

23 February 2026

Dear Parent/Guardian,

RE: Rising number of measles cases in north London – make sure you and your children are protected

Measles cases are rising across London, particularly in our neighbouring borough of Enfield. London accounts for more than two-thirds of cases, with the highest numbers in Enfield.

Measles is a serious illness and can lead to hospitalisation and, tragically, in rare cases, death. If you or your child are not fully protected against measles with two doses of the MMR (measles, mumps and rubella) vaccine, then you are at risk of developing measles. This letter provides information about what you should do to protect your health and others around you.

What should you do now?

- 1. Read the information about signs and symptoms of measles.**
Measles is an infection that spreads very easily. It can occur suddenly, and people can become unwell quickly. Symptoms include a runny nose, cough, high fever, sore red watery eyes and a blotchy rash. Please visit the NHS website to learn more about symptoms of measles, how it spreads and vaccination against measles: www.nhs.uk/conditions/measles
- 2. Check if your children (and you) have had two doses of the MMR vaccine for full protection.**
Two doses of the MMR vaccine provide lifelong protection. Look in your child's Red Book or contact your GP practice if you or your child have missed MMR vaccinations.
- 3. Arrange MMR vaccination if you and/or your child are not vaccinated (or you are unsure if they have been vaccinated).**
Book an appointment with your GP or visit a free MMR catch-up clinic offered by Vaccination UK. Find a local clinic at www.schoolvaccination.uk/catch-up-clinics, call 0208 150 7505, or email barnet@vaccinationuk.co.uk.
- 4. If you think your child may have measles, please inform your child's nursery or school and keep them at home.**
- 5. Contact your GP or call NHS 111 if you or your child becomes unwell with a high temperature, cough, runny nose, sore red eyes, or rash.** To protect others, do not go to GP surgeries or A&E waiting rooms, as measles spreads extremely easily.

Measles spreads very easily. If your child is a close contact of someone with measles and is unvaccinated, they may need to stay off school for up to 21 days, in line with national guidance.

Yours sincerely,

A handwritten signature in blue ink, appearing to read 'J. Djomba', is positioned above the printed name.

Dr Janet Djomba
Director of Public Health
Barnet Council