

New Shire Hall
Alconbury Weald Civic Hub
Emery Crescent
Alconbury Weald
Huntingdon
PE28 4YE

24th March 2026

Dear Parents and Guardians,

As you may have seen in the news, North London is currently experiencing a large outbreak of measles with a rapid rise in cases. The outbreak is still mostly affecting unvaccinated children under 10 in schools and nurseries, some of whom have required hospital treatment. **Whilst we don't yet have cases in Cambridgeshire, we need to be prepared in case this happens.**

Two doses of the MMR vaccination give long-lasting protection against measles, mumps and rubella. Now is a good time to check that your child is up to date with their MMR vaccinations. You can do this by looking at their personal health record (Red Book) or by asking your GP. **Children who have missed their routine MMR vaccination can catch up for free, at any age, so please book an appointment at your GP or attend a catch-up clinic as soon as possible.** You can request a version of the MMR vaccine that does not contain pork products from your GP, making it suitable for all faiths. Further details on the MMR vaccination can be found here: [What is measles and why is it so important we're up to date with our vaccines to protect against it? – UK Health Security Agency.](#)

The MMR vaccine will give children the vital protection they need against this highly contagious disease but also help protect those around them who are vulnerable, such as those who are too young to have been vaccinated. In the case of an outbreak, unvaccinated children may be asked to stay home from their settings for up to 21 days to cover the incubation period.

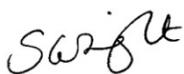
Measles is a highly infectious disease that can lead to serious problems such as pneumonia, meningitis and seizures (fits). Complications are rare but some people are more at-risk including babies, people with weakened immune systems and pregnant women. Full guidance is available from the [NHS](#), but here are the key measles symptoms to be aware of include:

- High temperature
- Cough
- Sore, red, watery eyes
- A blotchy red brown rash, which usually appears after the initial symptoms
- Spots in the mouth

UKHSA have written a [blog](#) on what to do if you think your child may have measles.

Please help us stop the spread of measles.

Yours sincerely



Sally Cartwright
Director of Public Health