



Measles and MMR vaccination



The number of people catching measles in London is going up



Measles is an infection that

- spreads very easily
- and can be very serious in some people



Having the MMR vaccine is the best way to stop measles



For the best protection against measles, you should have **2** doses of the MMR vaccine



If you have **not** had **1** or **2** doses of the MMR vaccine you should contact your GP surgery



If you don't know if you have had an MMR vaccine contact your GP or ask CLDS – you can call CLDS on **020 79 74 37 37**