

This month at ...

COTTINGHAM
DENTAL PRACTICE



Measles - be aware

Parents and carers are being urged to ensure their children have the Measles Mumps and Rubella (MMR) vaccine amid a rise in measles cases nationwide. The uptake of routine childhood vaccinations nationally, including the MMR vaccine, is the lowest in a decade.

Measles is a serious disease which can be spread easily amongst unvaccinated people with babies, children, pregnant women and people with weakened immunity. It can lead to hospitalisation and in rare cases tragically can cause death.

The majority of cases nationally and locally are among children under the age of 10 who have missed their MMR vaccine. Normally the first dose of MMR vaccine is given around a child's first birthday; the second dose is given at around three years and four months old, before starting school.

However, it is never too late to get vaccinated, people can be vaccinated at any age with the two doses providing the best protection.

Check if you or your child has measles

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

Cold-like symptoms

The first symptoms of measles include:

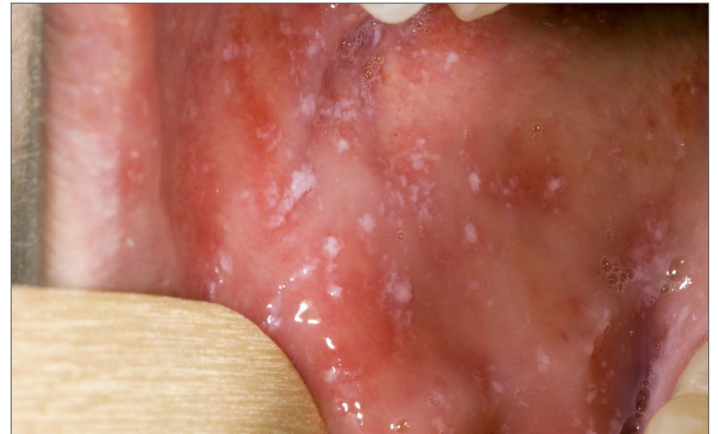
- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes.

Spots in the mouth

Small white spots may appear inside the cheeks and on the back of the lips a few days later - see picture. These spots usually last a few days.

The measles rash

A rash usually appears a few days after the cold-like symptoms. The rash starts on the face and behind the ears before spreading to the rest of the body.



Seek advice

If you think you have measles' symptoms, ring 111 or contact your doctor's surgery immediately. Please don't go to hospital or your doctor's surgery without first calling ahead - it's extremely important you don't spread the disease to vulnerable people.

Also, please don't attend your dental appointment if you think you have symptoms. Phone us so we can rearrange your appointment.

For more information on measles, and the MMR vaccine, visit the NHS website: www.nhs.uk/conditions/measles

May Bank Holidays

The practice will be closed on Monday 5 May and Monday 26 May. Current patients - if you have a dental emergency over the long weekends, please phone the practice number for advice.

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Visit our website at

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