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Dear parents,

You may have seen in the news there is currently a big measles outbreak in London.

Measles can make children very unwell. For some, it can lead to serious long-term complications and be life-threatening.

The good news is that it's easily prevented with two doses of the Measles, Mumps and Rubella (MMR) vaccine. The MMR vaccine gives children strong protection against this highly spreadable infection. The MMR vaccine also helps protect babies and children who are too young to be vaccinated or have weak immune systems – they rely on others around them being immune.

The MMRV vaccine

A vaccine, called MMRV, was introduced in January 2026. This vaccine protects against measles, mumps, rubella **and** chicken pox. Chicken pox can cause serious illness, which is why the vaccine is now offered at one year old, with a second dose at 18 months.

Children born after 1 January 2020 who haven't had both their MMR doses may be offered it as part of a catch-up programme, and any child or adult can have catch up MMR jabs, at any age.

You can find more information here: [MMRV vaccine on the NHS website.](#)

Keeping children safe

Childhood vaccinations are very important to keep babies and children safe. If your child has missed any vaccines, or you're not sure, check their Red book or contact your GP practice.

You can also read more about the MMR and MMRV vaccines in this [UK Health & Security Agency leaflet](#). [Translated versions](#) of the leaflet are also available.

Yours sincerely

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