**Information letter for parents whose children are in a childcare facility with a confirmed case of measles**

Dear parent/caregiver,

You are receiving this letter because there has been a confirmed case of measles at the childcare facility that your child goes to.

**What is measles?**

Measles is an infectious rash disease caused by a virus. The disease starts with a fever, listlessness, cold symptoms and coughing. A skin rash of red spots emerges after 3 to 7 days. The rash starts behind the ears and then spreads all over the body. Children with measles sometimes also get an ear infection or develop pneumonia.

**Contagiousness**

The virus is found in the nose and throat of a person with measles. When a person with measles coughs or sneezes, tiny droplets containing the virus are expelled into the air. If other people inhale the droplets, they could also get measles. The measles virus is very contagious. A person with measles can pass it on to others from 4 days before the rash first starts until 4 days after the red dots appear. The time between exposure and illness (the incubation period) is 7 to 14 days. It usually takes 10 days to start showing symptoms.

**Vaccination**

The MMR vaccination (against mumps, measles and rubella) protects your child against measles. Children can get the MMR vaccination at the age of 14 months and again when they are 9 years old.

More information about measles: https://www.rivm.nl/en/measles.

**What can you do?**

**If your child is vaccinated against measles**

If your child has been vaccinated according to the schedule of the National Immunisation Programme, it is very unlikely that your child will get measles. You do not need to take any additional precautions.

**If your child is not vaccinated against measles**

If your child has not received the MMR vaccination and has never had measles before, your child is not protected against measles. Vaccination offers the best protection. If your child is over 14 months old, you can contact the Municipal Public Health Services (GGDs) to arrange for your child to be vaccinated.

**What should I do if I do not want my child to be vaccinated, or cannot vaccinate my child?**

If you do not want your child to receive the MMR vaccination, or if your child cannot be vaccinated (for example because they are not old enough yet), then you can keep your child at home. This lowers the risk that your child will get measles.

According to the schedule of the National Immunisation Programme, babies younger than 14 months old have not yet been vaccinated against measles. Babies have a higher risk of serious illness due to measles. If your baby has been in contact with a person who has measles, the Municipal Public Health Service (GGD) will notify you. If necessary, your baby can receive treatment in the form of antibodies. These antibodies give them temporary protection against measles. The GGD will discuss this option with you.

**Who is eligible for the MMR vaccination?**

Your child is eligible for vaccination with the MMR vaccine if:

* Your child is over 14 months old
* Your child has not previously received the MMR vaccine
* Your child has never had measles
* Your child is not yet showing any symptoms of measles.

If other children in your family meet these criteria, you can arrange for them to be vaccinated too.

**What should I do if I think that my child has measles?**

If your child develops symptoms that could indicate measles, then keep your child at home. Stay away from young babies, pregnant people, and people with severely impaired immunity.

Call your GP before going to the doctor’s office. If the GP practice is busy, it would be easy to spread the virus to others. When you call, your GP or the doctor’s assistant will tell you what you can do. If your child is seriously ill, call the emergency helpline for the GP practice. Also contact the childcare facility where your child goes.

**How do I make an appointment for measles vaccination?**

Would you like to make an appointment for your child or children to be vaccinated?

[…]

**Do you have questions about measles?**

General information: https://www.rivm.nl/en/measles

Municipal Public Health Service (GGD) by phone: [...]

Please feel free to contact the GGD if you have questions.

Kind regards,

**Infectious Disease Control Team**   
GGD [….]