

20 October 2025

Dear Parent/Guardian

Measles (MMR) and Winter Immunisations Reminder

The October half term is the perfect time to ensure your child is protected against measles through the MMR (measles, mumps and rubella) immunisation.

Measles is a highly infectious disease, which can be very serious. There have been recent cases of measles in Birmingham. Most of these cases are in young children who have not had their MMR immunisation. You need two doses of the MMR immunisation to get the best protection against measles.

Most children in Birmingham have had the MMR immunisation. We need everyone protected. Children should have their first dose at 1 year old, and their second dose before starting school.

The MMR immunisation is safe for every faith. There is a type of MMR immunisation that does not contain pork gelatine, so it can be used for people who avoid pork products. This immunisation is available at every GP practice, and it is free.

If you or your child are not up to date with your MMR immunisations, please contact your GP practice to book an appointment.

Ahead of winter and the festive season, it is also important to protect against illnesses like flu and Covid-19. Free immunisations are available for those most at risk of becoming unwell. Check the NHS website to see if you're eligible and book your appointment.

Yours sincerely,



Sally Burns

Director of Public Health, Birmingham City Council

Use this section to record the date and time of your child's immunisation appointment:

on: ____/____/____ (date) at _____am/pm (time).

Further information



For more information about the MMR immunisation, visit nhs.uk/vaccinations/mmr-vaccine/ – or scan the QR code.



For more information about winter immunisations, visit nhs.uk/live-well/seasonal-health/keep-warm-keep-well/ – or scan the QR code.



For more information about measles, including the symptoms and what to do if you think you or your child may have measles, visit nhs.uk/conditions/measles/ - or scan the QR code.