

A portrait of a Black woman, Nurse Cheril Sowell, wearing a dark blue NHS uniform with a name tag that reads 'Cheril Sowell Nurse'. She is smiling and has her hands clasped in front of her.

Get protected against measles

The Measles, Mumps and Rubella (MMR) vaccination is the safest and most effective way to protect you and your family against these diseases. Full protection requires two doses.

For anyone not fully immunised, a catch-up vaccination is available.

Contact your GP practice
for more information.

www.nhs.uk/MMR

**HELP US
HELP YOU**
GET PROTECTED