

A photograph of a female nurse, Rachel Keith, with dark hair tied back, wearing a dark blue NHS uniform. She is smiling and holding a young child with light brown hair and blue eyes. The child is wearing a grey sweater and tan trousers. The background is a bright, clinical setting with a window and a green wall. A large, semi-transparent red graphic with a scalloped edge is overlaid on the bottom left of the image, containing the main text.

# 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.

Ask the reception team for more information.

[www.nhs.uk/MMR](http://www.nhs.uk/MMR)

**HELP US  
HELP YOU**

**GET PROTECTED**