

COLNE MEDICAL CENTRE

Website: www.colnemedicalcentre.nhs.uk

MMR immunisations

Measles cases are rising in England and across Europe. Across England, on average one in ten children are not up to date with their MMR vaccinations, with some areas of the country as low as two in five, putting thousands of children at risk of catching measles and the disease spreading in unvaccinated communities. There is no medical treatment for measles: vaccination is the best protection against becoming seriously unwell.

The MMR vaccine is a safe and effective combined vaccine which protects against three serious illnesses:

- Measles
- Mumps
- Rubella (German Measles)

Getting vaccinated is important, as these conditions can also lead to serious problems including [meningitis](#), hearing loss and problems during pregnancy.

Two doses of the MMR vaccine provide the best protection against measles, mumps and rubella. These are usually given at one year and 3 years 4 months.

You can still ask your GP practice for the MMR vaccine if your child has missed either of these two doses. If you are unsure if your child is due a vaccination or has missed one, check their red book or contact your GP surgery. For adults, it's never too late to catch up on MMR vaccinations. Contact your GP surgery for advice.

For more information visit: <http://nhs.uk/MMR>

Pharmacy First

Thousands of pharmacists across England are now able to assess and treat patients for sinusitis, sore throat, earache, infected insect bites, impetigo, shingles and uncomplicated urinary tract infections in women under 65, without the need for a GP appointment or prescription.

NHS England said more than nine in 10 community pharmacies in England – 10,265 in total – will be offering the checks under the Pharmacy First scheme. The move is intended to give people more places to get the care they need, with the aim of freeing up 10 million GP appointments a year.

Patients can also speak to a pharmacist for advice and treatment on common illnesses and conditions such as diarrhoea, fever, headache, sore throat, cough, upset stomach and skin conditions with no need for an appointment.

Thank you for reading.

Katie Pirie
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