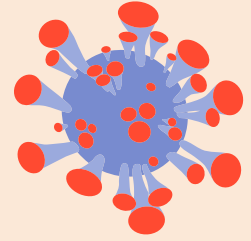


Measles spreads easily between unvaccinated people and cases in England are on the rise

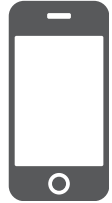


Two MMR vaccinations provide lifelong protection against serious illness.



 **You can get vaccinated for free on the NHS.**



 **Contact your GP surgery to catch up on any missed doses.**



Alternative non-porcine products (pork ingredients) are available if required.

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