

A photograph of a Black woman, Cheril Sowell, wearing a dark blue NHS nurse uniform. She has a name tag that reads 'Cheril Sowell Nurse' with the NHS logo. She is smiling slightly and looking towards the camera. Her hands are 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.

Ask the reception team for more information.

www.nhs.uk/MMR

**HELP US
HELP YOU**

GET PROTECTED