

# Measles: How To Stay Safe

The only reliable protection is 2 doses of the safe, effective MMR vaccine



Know the symptoms



Keep people with symptoms away from others



Call ahead before going to A&E or your GP



Symptoms:



Rash



High Temperature



Runny Nose



Red Eyes



Cough

For more information, visit:



GIG  
CYMRU  
NHS  
WALES | Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

[publichealthwales.org/measles](http://publichealthwales.org/measles)