

29<sup>th</sup> May 2024

Dear Patient,

**Re: Measles advice for people with kidney disease receiving in-centre haemodialysis treatment**

Measles is a serious illness that is highly infectious. Since October 2023, there has been an increase in measles cases across the UK.

Having an MMR vaccination is the safest way to protect you from Measles, Mumps and Rubella infections. Two doses offer most individuals lifelong protection against becoming seriously unwell. If you have had the MMR vaccine in the past or were born before 1970 in the UK, it is likely that you are protected against serious infection.

**Vaccination advice:**

- If you have not had the MMR vaccine and are not receiving immunosuppression medication, we recommend the MMR vaccine which you can arrange to have with your GP.
- The MMR is a live vaccine, and if you are receiving immunosuppression medication, you **should not** have the vaccine.
- For people on the kidney transplant wait list who are **not** currently prescribed immunosuppression medication, it will be important you receive the vaccine prior to transplantation. You should not start on immunosuppression immediately after the vaccine, so will need to be suspended from the waitlist for a very short period post-vaccine.
- We recommend that your close family members and household contacts are vaccinated against measles through the GP, if they have not already been.

**What should you do if you think you may have measles or have been in close contact with someone who has?**

Please do not attend for regular haemodialysis, but please contact your dialysis team via the telephone to let them know you may have a measles infection or have been exposed to infection. If out of working hours, please contact your GP or get help from NHS 111.

**Additional measures**

If you are receiving immunosuppression medication, it will help us to know if you already have protection against measles. This is done by testing your blood for measles antibodies. We may recommend this if we do not know if you have ever had the measles vaccine or if we have not previously tested your blood for antibodies against measles. This test will be done with your consent with your usual dialysis blood tests, and your results available for you to review. If you have any questions about your results, please ask one of your team.

Members of your dialysis team will also be receiving similar advice about vaccination and offered similar tests, to help protect you and them.

**Further information**

The advice in this leaflet is based on guidance outlined by the UK Health Security Agency. If you want to find out more, please go to [National measles guidelines - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/national-measles-guidelines). We will also place some leaflets in the haemodialysis centres.

Thank you for your co-operation,

Your Dialysis Team