

MMR Vaccine

► Combined Measles, Mumps, and Rubella (German Measles) Vaccine



"Vaccination is good protection"

This vaccine protects you against measles, mumps, rubella (German Measles), and their complications.

DISEASES

Measles	Mumps	Rubella (German Measles)
Measles causes: <ul style="list-style-type: none"> • Rash • Cough • Fever • Conjunctivitis (red eyes) • General unwellness 	Mumps causes: <ul style="list-style-type: none"> • Fever • Headaches • Swelling of glands near the jaw 	Rubella causes: <ul style="list-style-type: none"> • Rash • Swelling of glands • Arthritis (especially in women)
Possible complications of measles include... <ul style="list-style-type: none"> • Ear infection (5% to 9% of cases) • Pneumonia (1% to 5% of cases) • Seizures • Permanent brain damage (1 case per 1,000) • Death (1 case per 3,000) 	Possible complications of mumps include... <ul style="list-style-type: none"> • Meningitis (10% to 30% of cases) • Deafness • Testicular infection • Ovarian infection 	Pregnant women with rubella are at greater risk of miscarriage or giving birth to a baby with— <ul style="list-style-type: none"> • Deafness • Vision loss • Heart defects • Mental retardation • Brain damage • Other serious problems, including death

The Vaccine

Vaccination is the best way to protect yourself against measles, mumps and rubella. The vaccine protects against these three diseases for your entire life. Children receive the MMR vaccine at 12 and 18 months.

The MMR vaccine is safe. In most cases, it does not cause any undesirable reactions. Women who receive the vaccine should not become pregnant for a month after their vaccination.

Inform your health care provider if your child has an allergy to any vaccine or latex, or has a weakened immune system.

EFFECTS

Possible side effects	What to do
<ul style="list-style-type: none"> • You may experience redness, swelling or tenderness around the injection site. 	<ul style="list-style-type: none"> • Apply a cold, damp cloth to the injection site.
<ul style="list-style-type: none"> • You may sometimes run a mild fever and develop a non-contagious rash 5 to 12 days after vaccination. A high fever may occur on rare occasions. A high fever may cause seizures in children. 	<ul style="list-style-type: none"> • Take a fever medication such as acetaminophen if your temperature is 38.5°C or over.
Joint pain or swelling of the glands near the jaw may occasionally occur in the weeks after vaccination.	
A temporary reduction in the blood cells that help clotting has been reported in rare cases.	
Neurological problems have been reported in fewer than 1 case per million.	
Severe allergic reactions are very rare.	

Should a severe allergic reaction occur, it would begin immediately and the person who gave the vaccine will be able to treat it. That's why you should stay on site for at least 15 minutes after the vaccination.

For more information, ask the person who gave you the vaccine or another health care provider.



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