

# Measles, Mumps and Rubella (German Measles) MMR (combined) Vaccine



*Don't Wait, Vaccinate!*

This vaccine protects against three diseases, measles, mumps and rubella (German measles). The more people who are immunized in your community, the more protection your community has against these diseases.

Diseases	Measles symptoms:	Mumps symptoms:	Rubella symptoms:
	Rash Cough Fever Conjunctivitis (pink eye) Generally feeling unwell	Fever Headache Swollen & painful glands near jawbone Respiratory symptoms	Rash Swollen glands Arthritis (especially in women)
	Possible complications:	Possible complications:	Possible complications:
	Ear infection (5-9% of cases) Pneumonia (1-5% of cases) Seizures Premature labour & miscarriage Permanent brain damage (1 case per 1,000) Death (1 case per 3,000)	Meningitis Deafness Testicular infection (possible sterility) Ovarian infection (possible sterility)	Miscarriage in pregnant women Malformations in infants when mother infected during first 10 weeks of pregnancy

Vaccination is the best way to protect a child or yourself against measles, mumps and rubella. The vaccine protects against these three diseases for your entire life. Children now receive the MMR vaccine at 12 months of age and a combined MMRV (measles, mumps, rubella and varicella) as a booster at 4-6 years of age.

The MMR vaccine is safe. In most cases, it does not cause any undesirable reactions. **Inform your health care provider if there is a history of allergies or a weakened immune system (such as HIV, cancer or taking certain medications).** The MMR vaccine should not be given if the person:

- Has a high fever or serious infection more severe than a cold (it is better to wait until you recover)
- Is pregnant, think they may be pregnant or is trying to become pregnant (wait one month after the vaccine)
- Had a severe allergic reaction to a previous dose of MMR or any component of the vaccine including gelatin or an antibiotic called neomycin
- Has recently received a blood product (e.g. serum immune globulin). Should wait 3 to 12 months before getting the MMR vaccine depending upon which blood product was received
- Has had another injectable or nasally administered live vaccine (e.g. Varicella, BCG or Yellow Fever) in the last 28 days

The MMR vaccine can be given to people who are allergic to eggs, even if they have a severe egg allergy, as long as they are observed after the vaccine is given.

Vaccine	Possible side effects:	What to do:
	May experience swelling, redness and/or tenderness around the injection site.	Apply a cold, damp cloth to the area.
	Feeling tired with a mild fever and/or development of a non-contagious rash (5 to 12 days after vaccination).	See a health care provider if symptoms are serious.
	A high fever may occur on rare occasions. This may cause a seizure in children.	Give a fever medication such as acetaminophen if temperature is 38.5°C or over.
	Joint pain, stiff neck or swelling of the glands near the jaw may occur weeks after vaccination.	See a health care provider if symptoms are serious.
	Severe allergic reactions are very rare. Most severe reactions occur shortly after receiving the vaccine.	It is important to wait 15 minutes after the injection for observation before leaving the clinic. Seek immediate medical attention if experiencing a severe reaction.

**For more information go to:**

[www.immunize.ca](http://www.immunize.ca)

[www.healthcanada.gc.ca/vaccinate](http://www.healthcanada.gc.ca/vaccinate)

[www.health.gov.on.ca](http://www.health.gov.on.ca)