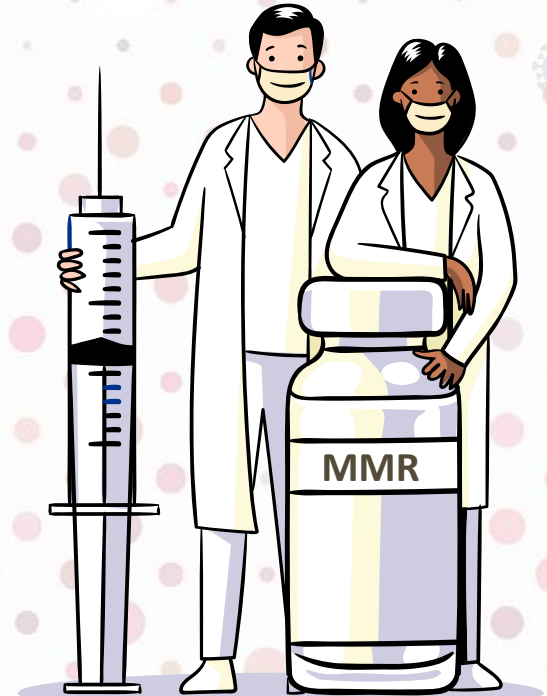





Measles, Mumps and Rubella (MMR)

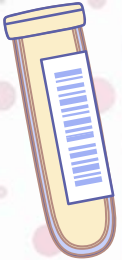
For educational staff



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01

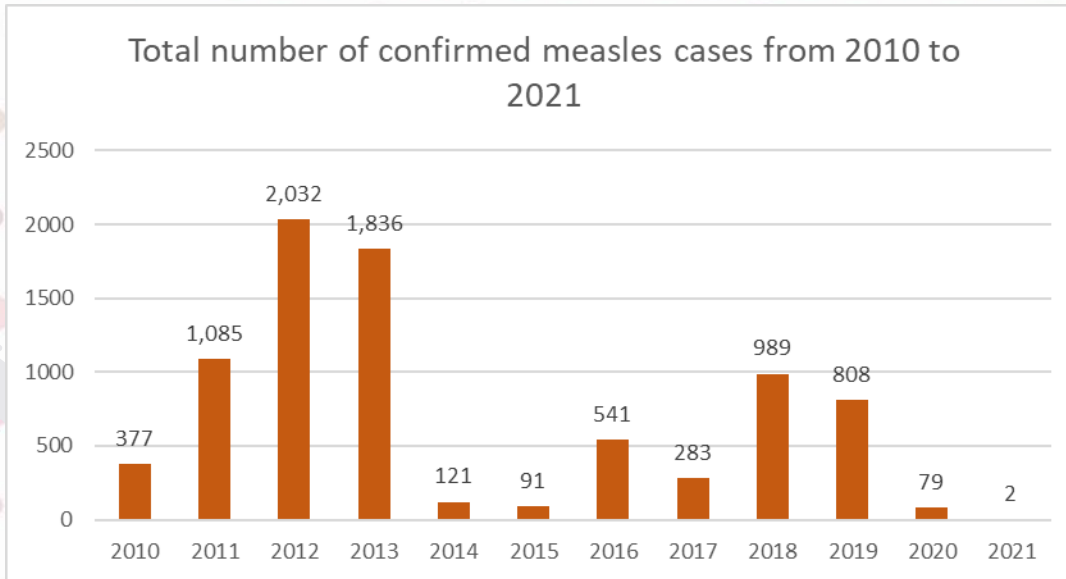


Measles, Mumps and Rubella



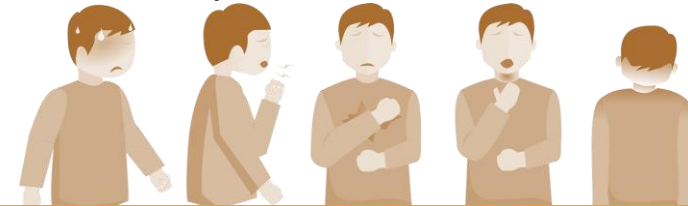
Measles

Measles is a very infectious viral illness that is spread by coughs and sneezes. If you catch measles you will probably feel very unwell and be off work for around 10 days. There is no treatment or cure for measles



Symptoms

- Fever/High temperature
- Sore red eyes
- Rash
- Runny/Blocked nose
- Sneezing
- Cough
- Spots in the mouth

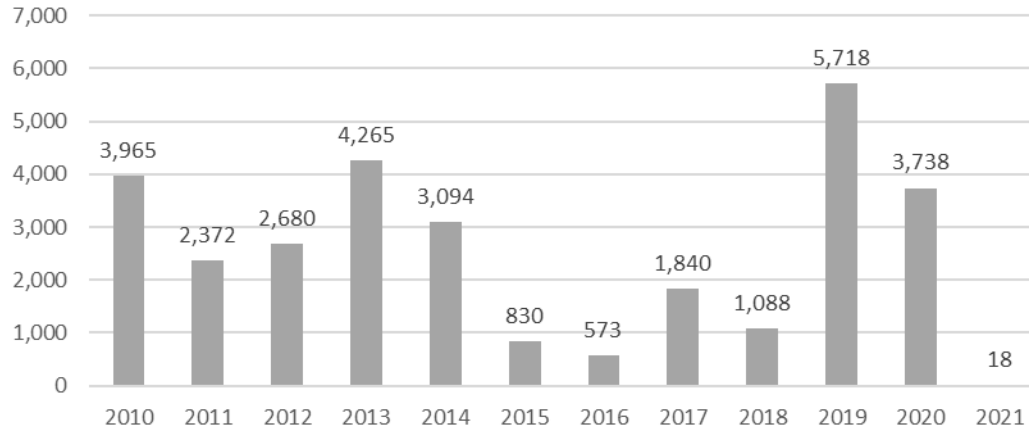


Mumps

Mumps is a viral illness that is spread by coughs and sneezes or close contact with someone who already has the infection.



Total number of confirmed mumps cases from 2010 to 2021



Symptoms

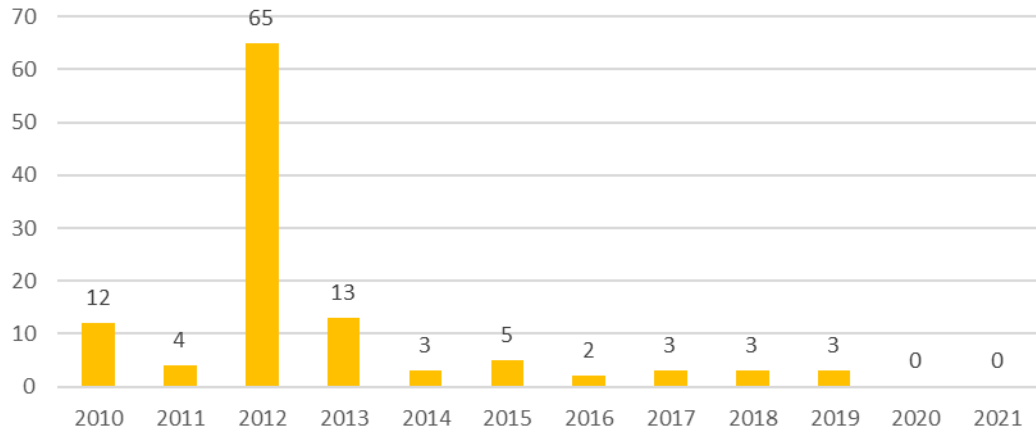
- Headache
- Fever
- Swollen glands
- Joint pain
- Nausea
- Dry mouth
- Abdominal pain
- Lethargy
- Loss of appetite



Rubella

Rubella is a viral illness, often called German measles, which is spread in a similar way to mumps and measles. For most people, it is usually a mild condition that gets better in 7 to 10 days without treatment. However, if pregnant women develop rubella, it can be serious for their unborn baby.

Total number of confirmed rubella cases from 2010 to 2021



Symptoms

- Spotty rash
- Aching fingers, wrists and knees
- High temperature
- Coughs
- Sneezing and running nose
- Headache
- Sore throat and eyes



02

**MMR
Vaccination**



About the MMR vaccine

One Vaccine

- The MMR vaccination is a single injection that is administered into the thigh of a young child or the upper arm of an older child or adult.
- The vaccine is live meaning it contains a weakened version of the measles, mumps and rubella viruses.

Two doses

- The MMR vaccine gives long lasting protection with just two doses. The first dose is given at 12 months and the second at around 3 years and 4 months. In adults and older children the two doses can be given with a one-month time gap between them
- Having both doses gives long lasting protection against measles, mumps and rubella.

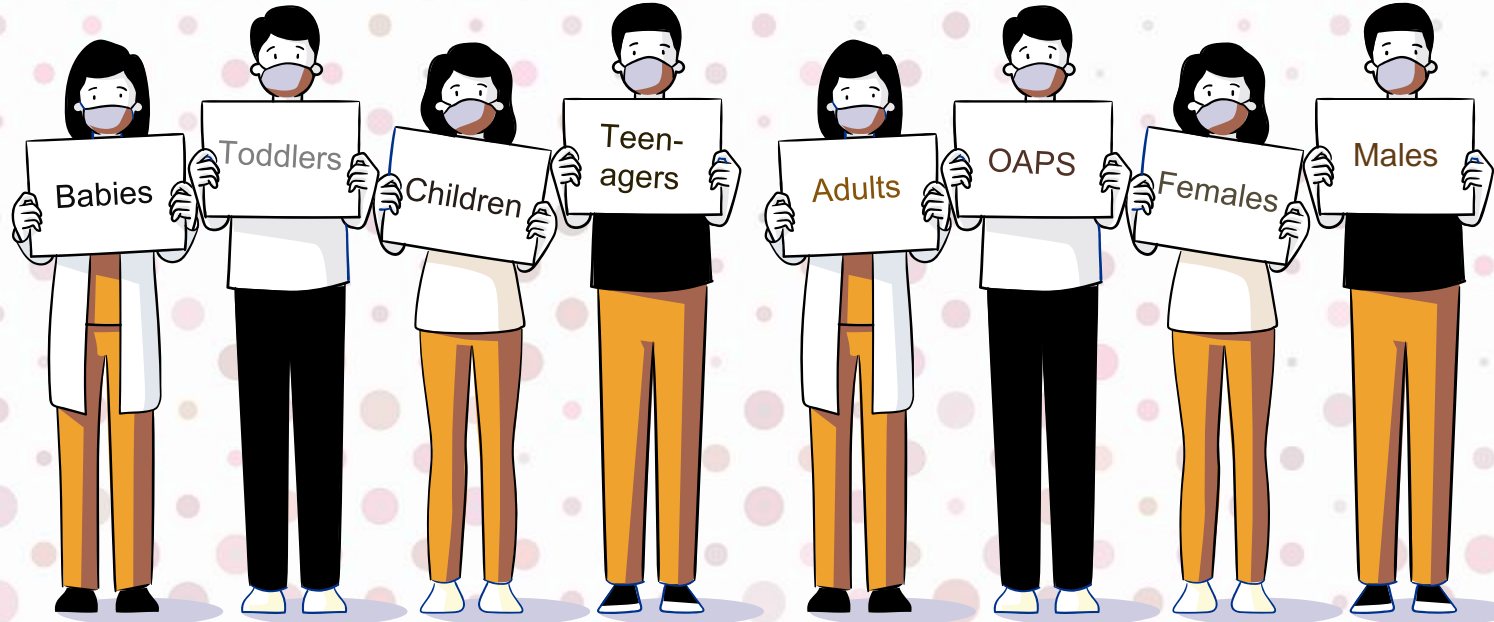
Three infections

- The MMR vaccine protects against three infections; measles, mumps and rubella. These viral infections spread more easily than flu or the common cold.

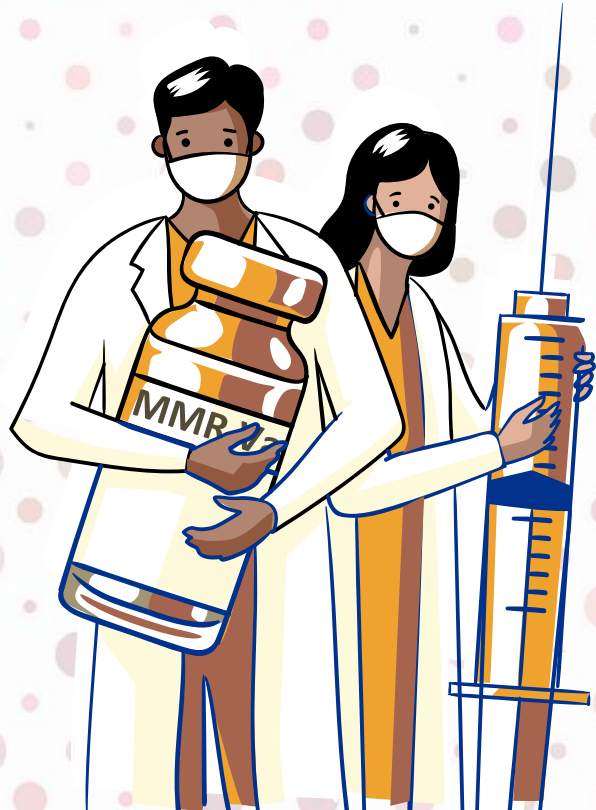


The MMR vaccine is the safest and most effective way to protect yourself against measles, mumps and rubella.

Who should have the vaccine?



- **Pregnant women**
- **Immunosuppressed**
- **Confirmed anaphylactic reaction to neomycin**



03

FAQ's

The full course of MMR vaccine offers good protection against measles for 99% of people, against rubella (German measles) for 99% of people and against mumps for 88% of people.

Measles, mumps and rubella and highly infectious diseases caused by viruses

Measles, mumps and rubella are spread by close contact with an infected person

It is recommended that older children and young adults who have not received two doses of MMR vaccine (or are not sure if they have) should be vaccinated as soon as possible.

After getting the vaccine, your child may have discomfort, redness or swelling around the area where the injection was given. They may be irritable and have a fever. If this happens you can give them liquid infant paracetamol or infant ibuprofen. You should also give them plenty to drink. Make sure they are not too warm and that their clothes are not rubbing against the injection area. Children usually recover from these minor side effects within a day or two

What are measles, mumps and rubella?

How do people get measles, mumps and rubella?

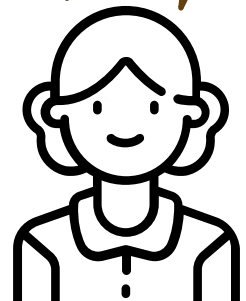
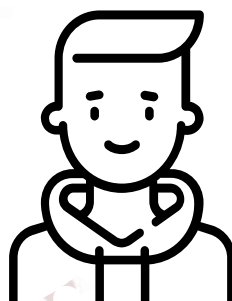
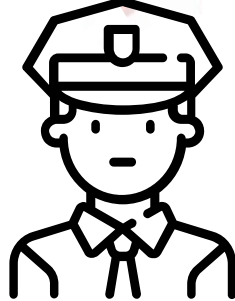
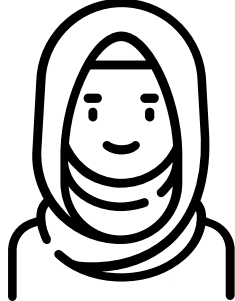
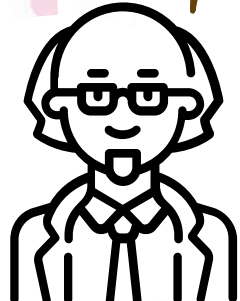
How effective is the vaccine?

Can older children and adults get the vaccination?

Should my child get the vaccination if they have an egg allergy?

Yes - MMR vaccine can be given to children with a severe egg allergy.

What should I expect after the MMR vaccination?



Myth Busting

I am unsure about having my child vaccinated with MMR because...

Myths	Facts
...getting protected by catching the disease is better than having the vaccine.	MMR immunisation is the safest way that parents can protect their children against these serious diseases, as infants, young children and their families are particularly vulnerable
...the vaccine contains three viruses; given at the same time this is too much for young children.	Over 500 million doses of MMR have been used in over 100 countries since the early 1970s. The World Health Organisation recognises MMR as a highly effective vaccine with an outstanding safety record (WHO, 2001)
...other countries around the world recommend that MMR be given as three separate vaccines.	No country in the world recommends MMR vaccine to be given as three separate injections
...MMR causes autism and bowel disease.	There are numerous studies that do not support a link between autism or bowel disease and the MMR vaccine (CSM, 1999; Gillberg and Heijbel, 1998; Taylor et al., 1999; Davis et al., 2001; DeWilde et al., 2001).
...giving the MMR vaccines separately reduces the risk of side effects.	Single vaccines are less safe than MMR because they leave children vulnerable to dangerous diseases for longer. Giving 3 separate doses at intervals would mean the child has no immunity to the other 2 diseases after the first immunisation.
...the vaccine was not properly tested before it was licensed.	The normal procedure for licensing was used for MMR and the vaccine was thoroughly tested before being introduced into the UK routine immunisation programme in 1988
...my child has already received one dose so there is no need for a second one.	Two doses of MMR vaccine are needed to give children the best protection before they go to school. Ninety per cent of those who did not respond to the first dose are protected by the second.
...my son doesn't need protecting against rubella; my daughter doesn't need protecting against mumps.	There are very few children who should not receive the MMR vaccine (see UK Health Department's Immunisation against infectious diseases for definitive list). If children are not protected against all 3 diseases, we run the risk of infections resurgence including measles outbreaks, the return of babies born with disabilities due to congenital rubella syndrome and children becoming deaf following mumps.

Resources and Further Information

A range of resources relating to MMR for different ages are available from the [UK Health Security Agency website](#), in a range of different languages. These resources include posters, postcards, infographics and leaflets

Further Information relating to MMR can be found on the [NHS website](#)

