



Important Facts about the MMR Vaccine

The MMR vaccine is safe and provides excellent protection against 3 very serious illnesses that can cause infertility, disability and death: Measles, Mumps and Rubella.

All three illnesses spread very easily and can cause serious complications. 1 in 5,000 people with measles is likely to die.

Measles, mumps and rubella had almost disappeared in England because most people had been vaccinated. Now, not enough people have had the MMR vaccine so these dangerous illnesses, especially measles, are becoming more common, again.

1. The MMR vaccine is safe, and very effective. It has protected millions of children and adults in more than 100 countries, including over 20 million people in the UK.
2. The MMR vaccine can be given at any age over 12 months. In England, it is given in two doses, usually the first dose is given when children are aged 12 months, and the second when they are 3 years and 4 months. This is because young children can become very unwell from measles.
3. It is never too late to have your MMR vaccinations and it is free. If you were not vaccinated as a child, didn't have both doses, or if you don't know your vaccination history, it is safe to have extra doses.
4. Measles, Mumps and Rubella spread very easily. If you plan to travel or move to another city, for example for university, it is very important you have the MMR vaccine.
5. It is important to have the MMR vaccine if you plan to start a family. Mumps can damage men's and women's fertility, and if a pregnant woman catches rubella or measles her unborn baby can be born with disabilities or brain damage. You cannot have the MMR vaccine when you are pregnant so check you have been vaccinated if you are thinking of having a baby.
6. There is no link between the MMR vaccine and autism, speech delay or other delays to brain development. The MMR vaccine has been researched in a large number of studies and no link has ever been found to autism. Individuals are born with autism and it is not caused by vaccines.
7. A version of the vaccine with no pork content is available - just ask.
8. Contact your GP if you are unsure whether you have had your life-saving MMR vaccination. They can check your vaccination record. There may also be a record in your child health record 'Red Book'.
9. Please note you cannot have the MMR vaccine if you are pregnant, severely immunosuppressed or have an allergic reaction to neomycin. Speak with your GP if you are concerned.



You and your family can easily have the MMR vaccine at your GP practice. Call now to make an appointment. For more information visit www.nhs.uk/mmr

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