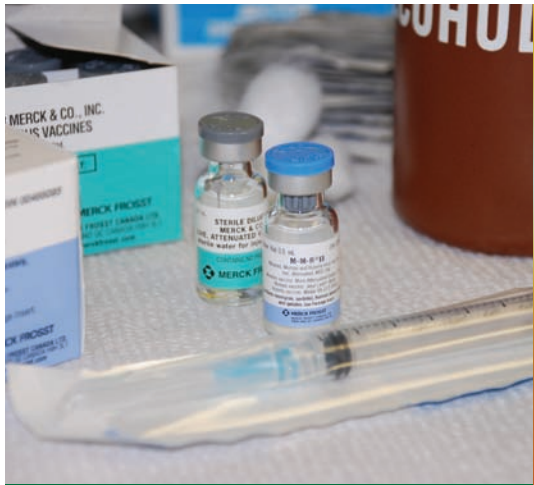




MMR

MEASLES, MUMPS, AND RUBELLA VACCINE



What is the MMR vaccine?

The measles, mumps, and rubella (MMR) vaccine protects against measles (also called rubeola or red measles), mumps, and rubella (also called German measles).

It's one shot, usually given in the arm.

What is measles?

The measles virus causes a fever, rash, cough, red eyes, and a runny nose. The red rash starts on the face and spreads to the rest of the body. Measles complications include ear infections, pneumonia, miscarriage, and encephalitis (an infection of the brain that can cause brain damage and death). The measles virus is spread by an infected person who coughs or sneezes, which spreads droplets with the virus into the air.

What is mumps?

The mumps virus causes a fever, headache, and swelling of the salivary glands in the cheeks and jaw. Complications of mumps infection include meningitis (an infection of the fluid around the brain), painful swelling of the testicles or the ovaries, deafness, or miscarriage. The mumps virus is spread through contact with the droplets from an infected person. Droplets are produced from coughing, sneezing, or even talking. The saliva of an infected person can also pass along the virus through sharing drinks, food, or kissing.

What is rubella?

The rubella virus causes a fever, sore throat, swollen lymph glands in the neck and a rash on the face and neck. The symptoms can be absent or mild in children. Adults may have a headache, weakness, runny nose, red eyes and, rarely, swelling of the joints. Rubella can also cause encephalitis. Rubella can cause severe problems in early pregnancy, such as miscarriage, stillbirth, or severe birth defects such as cataracts, deafness, heart defects, and mental developmental delays (known as congenital rubella syndrome). Rubella is spread through droplets of an infected person such as from coughing or sneezing or from contact with the saliva of an infected person.



WINDSOR-ESSEX COUNTY
HEALTH UNIT
MMR
MEASLES, MUMPS,
AND RUBELLA
VACCINE

How well does the MMR vaccine protect against these diseases?

Two doses provide over 95% protection against all three diseases. The vaccine also makes the diseases milder for those who may catch them.

Who should get the MMR vaccine?

In Ontario, all children routinely receive two doses of MMR vaccine at 12 and 18 months of age. All adults born in 1970 or later should receive at least one dose of MMR vaccine. Because of an increase in mumps cases and outbreaks across Canada it's recommended that adults born in 1970 or later receive a second dose.

Is the MMR vaccine safe?

Yes. Most people will have no side effects. Serious side effects from the vaccine are very rare. Side effects are less common after the second dose of the vaccine. Possible side effects include:

- Redness, soreness, or swelling where the needle was given.
- A rash that appears 5 to 12 days after the vaccine is given. The rash may last for one to three days.
- Fever in the first 24 hours or 5 to 12 days after the vaccination. A high fever can cause a febrile seizure in a young child. One in 3,000 children with a fever may have a seizure.
- Swelling of the glands in the neck and/or testicles that may last for several days.
- Temporary joint pain and swelling or muscle aches within one to three weeks after vaccination.
- Meningitis (an infection of the lining of the brain) is extremely rare (1 in 800,000).
- A mild, temporary blood clotting disorder, thrombocytopenia (drop in platelets) occurs rarely within 2 months after immunization and resolves on its own within a month.

Who should NOT get the MMR vaccine?

The MMR vaccine should not be given if you:

- Have high fever or serious infection more severe than a cold. It's better to wait until you recover before getting the MMR vaccine.
- Are pregnant, think you may be pregnant, or are trying to become pregnant.
- Have a severe allergy to a previous dose of MMR or any component of the vaccine including gelatin or an antibiotic called neomycin.
- Have recently received a blood product (e.g. serum immune globulin). You should wait 3 to 12 months before getting the MMR shot depending upon which blood product you received.
- Have had a live vaccine (e.g. chickenpox vaccine) in the last 28 days. You should wait 28 days before getting the MMR shot.

Check with your doctor if you have a weakened immune system that lowers the body's ability to fight infections (such as HIV, cancer or taking certain medications).

Is it a problem to get pregnant after receiving this vaccine?

It's recommended that you don't become pregnant for three months after getting the MMR vaccination because of a risk to a developing fetus.

Can this vaccine be given to someone with an egg allergy?

Individuals who have had an anaphylactic reaction to eggs should be vaccinated with extreme caution, with adequate treatment for anaphylaxis on hand.

For more information.

Ask your health care provider
or call

**Windsor-Essex County
Health Unit**
Immunization Information
519-258-2146 ext. 1222

This information was adapted from Toronto Public Health and the MMR II product monograph (Merck Frosst Canada Ltd. (2008). M-M-R II (measles, mumps, and rubella vaccine, live, attenuated, Merck Frosst Std. Product monograph. Submission Control No: 120969)