

# MMR Vaccine

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



*Vaccination is good protection*



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

**DISEASES**

Measles	Rubella (German Measles)	Mumps
<p><b>Measles causes:</b></p> <ul style="list-style-type: none"> <li>• Rash</li> <li>• Cough</li> <li>• Fever</li> <li>• Conjunctivitis (pink eye)</li> <li>• General feeling of illness</li> </ul>	<p><b>Rubella causes:</b></p> <ul style="list-style-type: none"> <li>• Rash</li> <li>• Swollen glands</li> <li>• Arthritis (especially in women)</li> </ul>	<p><b>Mumps causes:</b></p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Headache</li> <li>• Swollen glands near jawbone</li> </ul>
<p><b>Possible complications:</b></p> <ul style="list-style-type: none"> <li>• Ear infection (5-9% of cases)</li> <li>• Pneumonia (1-5% of cases)</li> <li>• Convulsions</li> <li>• Permanent brain damage (1 case per 1,000)</li> <li>• Death (1 case per 3,000)</li> </ul>	<p><b>Possible complications:</b></p> <ul style="list-style-type: none"> <li>• Miscarriage in pregnant women</li> <li>• Malformations in an infant whose mother contracted rubella during pregnancy</li> </ul>	<p><b>Possible complications:</b></p> <ul style="list-style-type: none"> <li>• Meningitis (10-30% of cases)</li> <li>• Deafness</li> <li>• Testicular infection</li> <li>• Ovarian infection</li> </ul>

## VACCINE

Vaccination is the best way to protect against measles, mumps and rubella, and their complications. The vaccine gives lifelong protection. Children receive the MMR combined with the chickenpox vaccine at 12 months. A 2<sup>nd</sup> dose of MMR vaccine is given at 18 months.

The MMR vaccine is safe. Most reactions are harmless and do not last long. Symptoms experienced are not necessarily caused by the vaccine.

Women who are vaccinated should wait for one month after vaccination before attempting to become pregnant

**REACTIONS**

Possible reactions to the vaccine:	What to do:
<ul style="list-style-type: none"> <li>• Swelling, redness or pain at the injection site (1-9%)</li> </ul>	<ul style="list-style-type: none"> <li>• Apply a cold, damp compress to the injection site</li> <li>• Take acetaminophen or ibuprofen for temperature of 38.5°C or higher</li> <li>• See a doctor if symptoms are severe</li> </ul>
<ul style="list-style-type: none"> <li>• Mild fever (10-49%) and a non-contagious rash (1-9%) between the 5<sup>th</sup> and 12<sup>th</sup> day after vaccination</li> </ul>	
<ul style="list-style-type: none"> <li>• High fever (1-9%), chills (1 to 9 per 1,000) and convulsions (1 to 9 per 10,000)</li> </ul>	
<ul style="list-style-type: none"> <li>• Irritability, drowsiness, conjunctivitis and diarrhea (1-9%)</li> </ul>	
<ul style="list-style-type: none"> <li>• Joint pain (1-9% of children, 10-49% of adults)</li> </ul>	
<ul style="list-style-type: none"> <li>• Swollen ganglions and glands near jawbone (1 to 9 per 1,000)</li> </ul>	
<ul style="list-style-type: none"> <li>• Temporary drop in the number of blood cells that help clotting (1 to 9 per 100,000)</li> </ul>	
<ul style="list-style-type: none"> <li>• Neurological problems (less than 1 per 1 million)</li> </ul>	

As with any drug or biological product, an allergic reaction may occur. If a severe allergic reaction occurs, it begins within minutes and the person administering the vaccine will be able to treat it. That is why you should not leave for at least 15 minutes after the vaccine is administered.

If you have any questions, ask the person administering the vaccine or contact Info-Santé (8-1-1) or your doctor.

