

# Have your children had both their MMR vaccinations?

The best protection we have from these serious, preventable illnesses is the MMR vaccine.

**MEASLES,  
MUMPS AND  
RUBELLA ARE  
SERIOUS BUT  
PREVENTABLE  
WITH THE MMR  
VACCINATION**



Children should have their first MMR vaccine at 1 year old, and second dose at 3 years and 4 months old. Two doses of the MMR vaccine are needed to give full protection.

Over 99% of people who have had two doses of the MMR vaccine will be protected against measles and rubella. Cases of mumps in vaccinated people are much less severe than those who are unvaccinated.

Anyone who has not had two doses of the MMR vaccine should make it a priority, regardless of age. If you are not sure if you, or someone in your family, has had two MMR vaccines contact your GP practice online to check. Your GP practice will be able to arrange a catch-up vaccination if needed.



Find out more about the MMR vaccine by visiting [letsgetvaccinated.co.uk](https://letsgetvaccinated.co.uk)

# Everything you need to know about the MMR vaccination

## Is the MMR vaccine safe?

The MMR vaccine has been safely protecting against measles, mumps and rubella since 1988. The vaccination has undergone rigorous safety testing. It is trusted across the world to protect against these potentially deadly, preventable diseases.

## What side effects will my child have after the MMR vaccine?

Side effects from the MMR vaccine may include a red, swollen or sore thigh/arm where the injection was given. Some children may feel unwell, lose their appetite or develop a temperature.

## Does the MMR vaccine contain gelatine?

There are two MMR vaccines used in the UK; one with, and one without, gelatine. If you would prefer for you, or your family, to have the vaccine that does not have gelatine talk to your practice nurse.

## I've read that MMR is linked to autism, is that true?

There have been multiple studies undertaken to investigate the MMR vaccine and autism. There is no evidence of a link. The original study which suggested this has been discredited.

## The MMR vaccine protects against:

### Measles

A serious, preventable infection that spreads easily. There is no treatment or cure for measles, and it will make you feel very poorly. It can lead to complications like pneumonia, meningitis, blindness, and seizures.

### Mumps

A contagious viral infection that causes painful swelling in the face. There is no treatment or cure for mumps. It can make children and adults very poorly and lead to complications like viral meningitis and hearing loss.

### Rubella (sometimes known as German measles)

A rare illness that causes a rash and uncomfortable cold-like symptoms. Rubella can be very serious in pregnancy, potentially causing blindness and deafness in unborn babies or even miscarriage.



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