

# Measles, Mumps, Rubella (MMR) Vaccine (MMR II<sup>®</sup> or Priorix<sup>®</sup>)



## FACTS

### What is the MMR vaccine?

The MMR vaccine protects against measles, mumps, and rubella (German measles). Two doses of the vaccine are required by law for all children attending school in Ontario.

### What is measles (Red Measles)?

Measles is a serious viral infection that spreads very easily from person to person through coughing, sneezing and even talking. It causes high fever, cough, rash, runny nose, and watery eyes, and can last for one to two weeks. There is no treatment for measles.

### What is mumps?

Mumps is a viral infection that is spread from person to person through coughing, sneezing and even talking. There is no treatment and it can cause fever, headaches and swelling of the cheeks and jaw. Mumps can also cause meningitis, deafness and swelling of the testicles or ovaries.

### What is rubella (German Measles)?

Rubella is a viral infection that spreads easily by coughing, sneezing or talking with an infected person. There is no treatment for rubella and while it's usually mild in children it can be serious in women. Rubella may cause fever, sore throat, swollen glands in the neck, and a rash on the face and neck. If a woman gets rubella in the early part of a pregnancy, it is very likely that her baby in her womb will be severely affected, or even die.

### When should MMR vaccine be given?

The MMR vaccine should be given to children soon **after** their first birthday and again at four to six years of age. This second dose may be given in a combined vaccine with varicella (chickenpox), called MMRV.

### What if my child misses a needle?

Two doses of MMR vaccine should be given after the first birthday. If you miss a dose, your health care provider will discuss the "catch-up" schedule with you.

### Who should not get the MMR vaccine?

You should not have the MMR vaccine if:

- you are ill with a fever or severe new illness
- you have had a severe allergic reaction (called anaphylaxis) to a prior dose of this vaccine, or to neomycin or gelatin
- you have a disease that lowers the body's ability to fight infections, unless vaccination is specifically advised by a doctor
- you are taking medication that lowers the body's ability to fight infections, unless vaccination is specifically advised by a doctor
- you are pregnant

Speak with your health care provider if you have received immune globulin (IG) or any other injections or transfusions within the last 11 months or if you are to receive immune globulin in the next two weeks.

### Is the MMR vaccine safe?

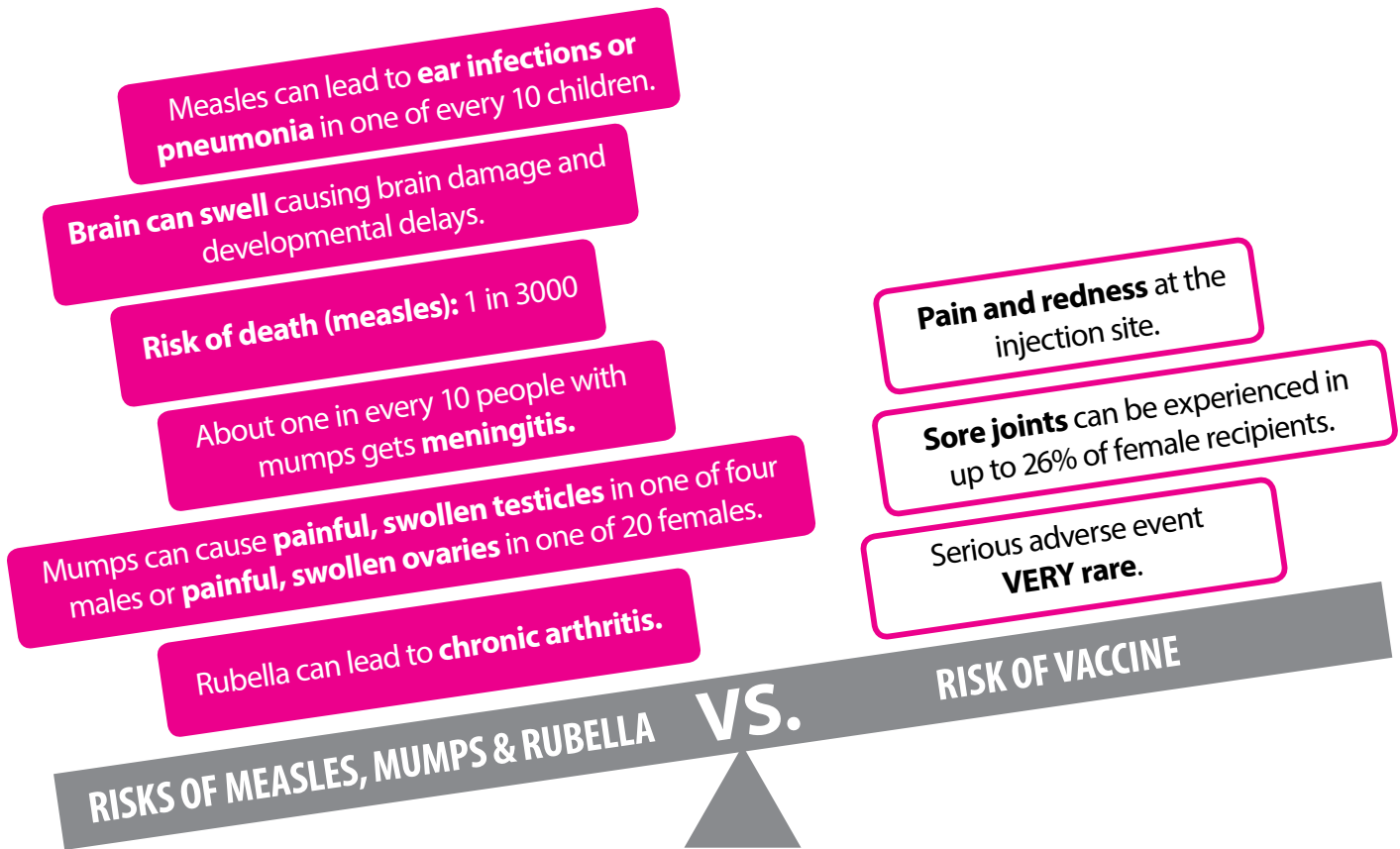
Yes. Most children will have no side effects. The MMR vaccine can cause tiredness, loss of appetite, rash, and/or fever in some children seven to 12 days after the needle is given. This may last for one to three days. Swollen glands may also appear. Research shows that serious side effects are very rare.

### What if I decide not to vaccinate?

**The vaccine is required by law** (*Immunization of School Pupils Act Amendment, 2014*). Students who are not vaccinated may be suspended from school. Your child will be at risk of getting measles, mumps and rubella if you decide not to vaccinate.

**Parents who choose not to vaccinate must complete a legal statement, known as a Statement of Conscience or Religious Belief. This form must be notarized. There are some children who cannot get a vaccine for medical reasons. A doctor can fill out a medical exemption form. These forms must be brought to the Halton Region Health Department. More details are available at [halton.ca/immunize](http://halton.ca/immunize).**

# Risks of measles, mumps and rubella vs. risk of vaccine



## How can I prepare my child for vaccination?



Talk to your child about the vaccine.



Complete and return the consent form.



Review helpful ways to deal with fear or anxiety (count to ten, look away from needle, focus on breathing).



Make sure your child eats on clinic day.



Make sure your child wears a short sleeve shirt on clinic day.

## Visit our website for more information

[halton.ca/immunize](https://www.halton.ca/immunize)

### Learn more about:

- Vaccine preventable diseases
- Vaccines
- Safety
- Side effects
- Ingredients
- Importance of vaccinations to protect your family

**If you have questions, ask your family doctor or dial 311.**