



# MMR Immunization

The MMR (Measles, Mumps and Rubella) Immunization is part of the Yukon children's regular immunization program. The immunization is given at 12 and 18 months of age. Adults also need to be protected and may receive the immunization if they haven't had these diseases or have not received two doses of the vaccine in their lifetime.

Measles, Mumps and Rubella are all caused by viruses that are easily spread by coughing and sneezing. Rubella is very dangerous for an unborn baby so it is very important to ensure that your MMR immunization is complete before you get pregnant. Talk to your Primary Health Care Provider for more information.

Disease	What it Causes	Possible Complications
<b>Measles</b> — also known as Red Measles or Rubeola.	<ul style="list-style-type: none"> <li>Fever</li> <li>Runny nose</li> <li>Cough</li> <li>Very red eyes</li> <li>Rash on face and upper body</li> </ul>	<ul style="list-style-type: none"> <li>Ear infections (10% of cases)</li> <li>Pneumonia (10% of cases)</li> <li>Brain infection that can cause brain damage, seizures, hearing loss, mental retardation</li> <li>Death (1 in 3000 cases)</li> <li>In pregnancy Measles can cause premature labour and spontaneous abortions.</li> </ul>
<b>Mumps</b> is most common in children, but adults can get Mumps too.	<ul style="list-style-type: none"> <li>Fever</li> <li>Headache</li> <li>Swollen saliva glands that are painful and make the cheeks puff out (40%)</li> </ul>	<ul style="list-style-type: none"> <li>Meningitis — infection of the fluid around the brain and spinal cord</li> <li>Deafness (short term or permanent)</li> <li>In men and women Mumps affects eggs and sperm and can cause sterility</li> </ul>
<b>Rubella</b> is also known as German Measles	<ul style="list-style-type: none"> <li>Low grade fever</li> <li>Mild cold</li> <li>Sometimes a rash</li> <li>Swollen neck glands</li> <li>Joint pains — especially in adults</li> </ul>	<ul style="list-style-type: none"> <li>50% of people who have Rubella don't know it as the symptoms are so mild.</li> <li>Women who get Rubella during the first five months of pregnancy can pass the disease to their baby. This can cause the baby to be deaf, blind and have heart damage or mental retardation. 10% of babies born with Rubella die before they are one year of age.</li> </ul>

## Why consider the MMR Immunization?

Immunization is the best way to protect your child against these diseases throughout their life. This immunization is very effective and safe. In most cases there are no adverse reactions and reactions that are caused by the vaccine are mild. Getting your child immunization with MMR helps to protect them and also protects pregnant women and their unborn babies.

Possible side effects of the vaccine	What to do
<ul style="list-style-type: none"> <li>Local Redness (7.2%)</li> <li>Rash (7.1%)</li> </ul>	<ul style="list-style-type: none"> <li>Apply a cold compress to the vaccine site</li> </ul>
<ul style="list-style-type: none"> <li>Fever (6.4%) A high fever can cause seizures</li> <li>Local swelling (2.6%)</li> </ul>	<ul style="list-style-type: none"> <li>Administer acetaminophen-type medication if the oral temperature is 38.5°C or higher. Consult Primary Health Provider if temperature does not come down.</li> </ul>

**Allergic reactions are very rare and can be treated by the person who gave you the immunization. You will be asked to wait for 15 minutes after the immunization to watch for an allergic reaction and to treat one should it happen.**

**Consult your health care provider if side effects persist over 48 hours. For more information on vaccinations, visit: <http://www.hss.gov.yk.ca/>**

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