

MMR Vaccine

Measles, Mumps, and Rubella

The **MMR vaccine** is part of the routine Yukon Children's Immunization Program.

The **MMR vaccine** is a combined vaccine given as a two-dose series. It is usually offered when a child is one year old and again before they begin school (4 to 6 years old). It is important to ensure MMR immunization is complete before pregnancy.

This immunization protects against three diseases:

- Measles
- Mumps
- Rubella

Measles is caused by a highly contagious virus. The virus can cause fever, runny nose, red eyes, and a rash on the face and body. Measles can lead to ear infections, pneumonia, or infections of the brain. Complications include seizures, deafness, permanent brain damage and even death.

Mumps is caused by a contagious virus. The virus can cause fever, headache and swollen salivary glands that make the cheeks puff out. Complications can include inflammation of the brain, temporary painful swelling of testicles or ovaries, and deafness.

Rubella is caused by a contagious virus. The virus can cause fever, sometimes a rash, swollen neck glands and joint pains. If a pregnant woman is infected, it can cause multiple birth defects.

Why is the MMR vaccine recommended?

This immunization is the best way to protect against measles, mumps and rubella. Two doses of MMR are almost 100% effective at preventing measles. All three diseases may produce serious illness, including in unborn babies. Getting vaccinated protects others as well as your child.

Possible side effects of the vaccine:

Common reactions to the immunization may include redness, tenderness, and swelling at the injection site. Some may develop a fever, headache, fatigue or digestive problems. These are generally mild and last 1-2 days.

Side effects of the immunization are easily relieved by: Applying a cold/damp compress to the site and administering acetaminophen or ibuprofen for temperatures 38.5°C or higher. See your health care provider if your symptoms are severe or last longer than 48 hours.

It is important to stay in the clinic for 15 minutes after getting any immunization because there is a rare possibility of developing a severe allergic reaction which is treatable at the clinic. This happens to fewer than 1 in 1 million people. If it happens after you leave the clinic, call 911 or the local emergency number.

www.yukonimmunization.ca

