

Rubella (German measles)

Rubella is a highly contagious condition that is characterised by a mild fever and an itchy red rash. It may also cause a sore throat, swollen glands and aching joints.



Rubella during pregnancy can cause serious harm to the baby, including:

- Delayed growth
- Deafness and/or blindness
- Brain damage
- Heart defects

For further advice and support regarding the MMR vaccine, please speak to your doctor, practice nurse or health visitor.

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The MMR Vaccine

PROTECT YOUR CHILDREN

against

Measles, Mumps and Rubella



For more information, please visit the Oxford Vaccine Group website at:
<http://vk.ovg.ox.ac.uk/mmr-vaccine>

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Measles

Mumps

Rubella

Is your child vaccinated?



**Protect your child against
Measles, Mumps and Rubella
with the MMR Vaccine**

What is the MMR vaccine?

MMR is a safe and effective vaccine that protects against three serious illnesses — measles, mumps and rubella.

People who have not been vaccinated with 2 doses of MMR vaccine are more likely to catch these diseases.

Is the MMR vaccine safe?

A large number of studies have shown that the MMR vaccine is the safest and most effective way of protecting your child against measles, mumps and rubella.

The one study that suggested a link between the MMR vaccine and autism was **incorrect**.

There is no credible evidence to suggest any link between MMR and autism or speech delay.

When can children be vaccinated?

The MMR vaccine is given in 2 doses. The usual schedule in the UK is as follows:

1st injection – between 12 and 13 months

2nd injection – at 3 years and 4 months

It is never too late to be vaccinated

Children or adults of any age can have the MMR vaccination. If you or your child has not had the MMR vaccine, you can book an appointment with your GP at any time.

Measles

Measles is a highly infectious condition that usually lasts for 7-10 days. Symptoms include:

- Cold-like symptoms (e.g. runny nose, sneezing, cough)
- Raised temperature (fever)
- Small grey-white spots in the mouth
- A red-brown blotchy rash, which appears 2-4 days after the initial symptoms and lasts for approximately 1 week



Measles can lead to serious complications, including:

- Diarrhoea and vomiting
- Ear and eye infections
- Infections of the lungs (pneumonia) and airways (bronchitis)
- Seizures
- Infection of the brain (encephalitis) or the surrounding membranes (meningitis)

Mumps

Mumps is an infectious condition that causes painful swelling of the glands of the face, jaw and neck. Other symptoms may include a fever, headaches and joint pain.

Mumps is usually mild, but it can cause serious complications, including:

- Inflammation of the pancreas
- Inflammation of the testes (this can lead to infertility)
- Infection of the brain (encephalitis)
- Infection around the brain and spinal cord (viral meningitis)

