

If you want more information

- Contact your family doctor or public health nurse.
- Get a copy of My Child's Immunisations - a guide for parents, which is available from your public health nurse.
- Visit www.immunisation.ie or www.hspc.ie.



MMR

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Parent Information Leaflet



What is MMR?

The MMR vaccine protects your child against measles, mumps and rubella (also called German measles). The vaccine works by stimulating the immune system to build up protection against these diseases.

MMR fact

Measles, mumps and rubella have become less common since the vaccine was introduced. However, outbreaks can still occur if not enough children are vaccinated.

What are measles, mumps and rubella?

Measles, mumps and rubella are viral diseases and are highly infectious. They are spread when the virus is passed from somebody who has the disease to somebody who has no protection against it.

MMR fact

Every year 1 - 2 million children die from measles worldwide.

Who should get the MMR vaccine?

Babies over 12 months should get the MMR. You should bring them to your family doctor to get the vaccine free of charge. Children should get a second dose at 4-5 years. This is usually given at school. Two doses of MMR will give your child the best protection.

What can I expect after the vaccination?

After getting the vaccine, your child may be sore, swollen or red around the area where the injection was given. They may be irritable and have a fever.

If this happens you can give them paracetamol or ibuprofen. You should also give them plenty to drink. Make sure they are not too warm and that their clothes are not rubbing against the injection area.

Are there people who should not get the MMR vaccine?

There are very few people who should not get the MMR vaccine. Your child should not get the vaccine if they have had a true allergic reaction (anaphylaxis) to a previous vaccine or any part of a vaccine.

You should delay getting the vaccine if your child:

- is ill with a fever higher than 38°C (100°F);
- is on high dose cortico-steroids;
- is having treatment such as chemotherapy or radiotherapy; or
- has any illness or disease that affects their immune system.

If you have any concerns, talk to your family doctor or public health nurse.

Should my child get the vaccine if they have an egg allergy?

Yes. Children with an egg allergy can get the MMR vaccine. If you are concerned about a serious egg allergy, talk to your family doctor.

Is there a link between the MMR vaccine and autism or bowel disease?

No. There has been a lot of research to show there is no link between the MMR vaccine and autism, bowel disease or hyperactivity.

Common symptoms		Possible complications
Measles	Fever, rash, red and painful eyes	Ear infections affect 1 in 20 people with measles. One in 25 can get pneumonia or bronchitis.
Mumps	Painful swollen glands under the jaw and fever	One in 5 adult men can get swollen, painful testicles. Mumps during pregnancy can cause problems for the developing baby. Mumps is the single biggest cause of viral meningitis in children.
Rubella	Fever and a rash	If a pregnant woman gets rubella, her baby may suffer from major birth defects including blindness, brain damage, deafness, heart problems and other serious complications.