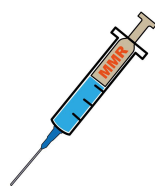




## MMR Vaccination

### MMR vaccination



**MMR Vaccination** is a **safe way** to stop people getting 3 diseases called **Measles Mumps and Rubella**.

**The Vaccination is FREE.**

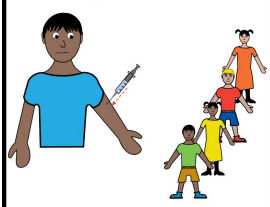
### feel worse



Measles, Mumps and Rubella **spread very quickly** and can be **very serious**.

They can cause meningitis (infection of the brain), deafness and problems in pregnancy.

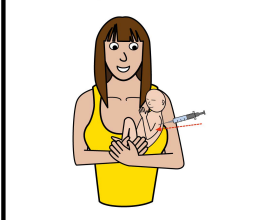
### injection



**2 doses** of the vaccination gives the best protection.

It is given by a needle into the muscle of the upper arm or thigh.

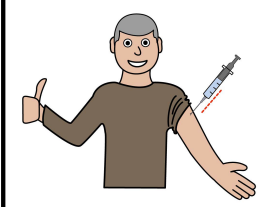
### injection



Children should have the **first dose at 1 year old** and the **second dose at 3 year and 4 months**.

If your child has **missed a dose** they can **catch up**.

### injection



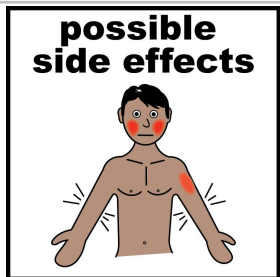
**Adults** and **older children** who have **not been vaccinated** can **catch up**.



The **Vaccination** is **safe**.

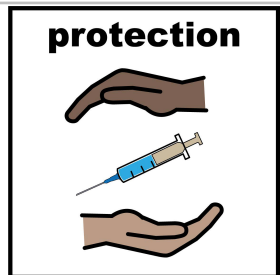
The **Vaccination** is **very effective**.

Protection starts just 2 weeks after the vaccination.



**Side effects** are usually **very mild** and **do not last long**.

Side effects can be crying and needing a cuddle, a sore, red lump where the needle goes in, feeling a bit poorly with a fever a few days later.

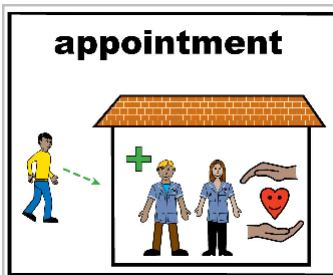


Almost everyone **vaccinated** will be **protected against Measles and Rubella**.

Most **vaccinated** people will be **protected against Mumps**.  
Vaccinated people who do get Mumps do not get very ill.



**Speak to your GP Surgery** if you are not sure if you or your child has been vaccinated.



**Speak to your GP Surgery to book an appointment.**