



Renfrew County and
District Health Unit

FACT SHEET

MEASLES, MUMPS, RUBELLA (MMR) VACCINE



Vaccination against measles, mumps and rubella (German measles) is required for all children attending school in Ontario. MMR is a combined vaccine that protects against three diseases measles, mumps and rubella.

What is Measles?

Measles is one of the most highly communicable infectious diseases. It can be a serious infection. It causes high fever, cough, rash, runny nose and watery eyes. It can be complicated by ear infections, pneumonia and infection of the brain (encephalitis). Measles spreads from person to person through coughing, sneezing or simply talking.

What is Mumps?

Mumps is an infection of the salivary glands. It causes fever, headache and swelling of the cheek, jaw and neck. Complications of mumps include; meningitis, deafness, painful swollen testicles in males and infection of the ovaries in females. Mumps spreads through coughing, sneezing and contact with the saliva of an infected person.

What is Rubella?

Rubella is generally a mild infection. It causes fever, sore throat, swollen glands in the neck and a rash on the face and neck. Rubella can be followed by chronic arthritis. It can also cause temporary blood clotting problems and encephalitis. Rubella spreads through coughing, sneezing, or talking and by contact with the saliva of an infected person.



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At what age should individuals be vaccinated with the MMR vaccine?

It is given to children on or after their first birthday then again between 4-6 years of age. The vaccine is also given to adults born after 1970 who are not protected against measles, mumps or rubella. Adults born before 1970 can be presumed to have acquired natural immunity. Pregnant women, who have been told they are not protected against rubella, should receive MMR vaccine as soon as they are no longer pregnant.

Is the vaccine safe?

Yes. Serious side effects are rare there is a small risk for febrile (fever) seizures in children who have received the vaccine. The MMR vaccine may be given to people who are allergic to eggs. Most people will have no side effects. Some common side effects include redness, swelling and tenderness where the needle was given. MMR vaccine can cause a rash or fever in 7 to 10 days after the needle. This may last a few days.

When should I call my health care provider?

Call your health care provider or go to the nearest hospital emergency department if any of the following symptoms develop within 3 days of getting the vaccine;

- hives
- swelling of the face or mouth
- trouble breathing
- high fever (over 40°C)
- convulsions or seizures

Who should not have the MMR vaccine?

- Anyone who is ill with a fever or infection worse than a common cold.
- People who have had serious allergic reaction to the vaccine or something in the vaccine (neomycin, gelatin, sorbitol)
- Anaphylaxis to MMR vaccine
- Women who are pregnant or trying to get pregnant. Women of the child bearing age should be advised to avoid pregnancy for 1 month following immunization with the MMR vaccine.
- Received blood or blood products in the last year.

Who should I talk to if I have any more questions?

Talk to your health care provider or call Renfrew County and District Health Unit Health Info Line at **613-735-8666** or **1-800-267-1097 Ext. 666**.

How do I keep track of this vaccination?

After you get any vaccination, make sure your personal immunization record, such as your "Yellow Card", is updated. Keep it in a safe place!

To contact us or for more information	
	613-735-8653 or 1-800-267-1097
	www.rcdhu.com Healthy Living Immunization Immunizations for Children
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Source: Adapted from the Ministry of Health and Long-Term Care Immunization Fact Sheet April 2015

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