



# MMR: measles, mumps, rubella

## About MMR

MMR vaccine protects against the viruses that cause measles, mumps, and rubella.

### Measles (M)

- Causes fever, cough, runny nose, and red, watery eyes, commonly followed by a rash that covers the whole body.
- Can lead to seizures, ear infections, diarrhea, and pneumonia.
- In rare circumstances, measles can cause brain damage or death.
- About 1 in 16 children with measles will get pneumonia, the most common cause of measles-related death in children.

### Mumps (M)

- Causes fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands under the ears.
- It can lead to deafness, swelling of the brain and/or spinal cord, painful swelling of the testes or ovaries, and death in rare cases.
- 1 in 7 children with mumps will develop viral meningitis.

### Rubella (R)

- Causes fever, sore throat, rash, headache, and eye irritation.
- Can cause arthritis in up to half of all infected teenage and adult women.
- Rubella infection in pregnancy can lead to miscarriage, or serious birth defects.
- 80% of babies born to mothers who got rubella will have birth defects.

## Important details

Two doses of MMR vaccine are recommended by the CDC. The first dose should be given between **12-15 months** of age, and the second between **4-6 years** of age.

**Before you travel outside the U.S. or to areas with ongoing measles outbreaks:**

**Infants 6 to 11 months of age** should get 1 dose of MMR vaccine before travel.

**Children 12 months of age and older** should have two doses of MMR vaccine. The 2nd dose must be given at least 28 days after the first dose.

**Anyone born after 1957** should have proof of 2 doses of MMR vaccine or a blood test that shows immunity to measles.

If you don't have insurance or if your insurance does not cover vaccines, the Vaccines for Children (VFC) program may be able to help. Visit [www.immunize.utah.gov/vaccines-for-children-program/](http://www.immunize.utah.gov/vaccines-for-children-program/) for more information.



# What to expect after vaccination

It's normal to experience immune response after vaccination— this is how you know the vaccine is working. Side effects are usually mild and resolve on their own within a few days. Some normal immune responses after the MMR vaccine include:

- pain, redness, or swelling at the injection site
- tiredness
- mild rash
- fever
- swelling of salivary glands

More serious reactions happen rarely, about one in a million. These can include seizures (usually associated with fever) or low platelet count that can cause unusual bleeding or bruising.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears. As with any medicine, there is a very remote chance of vaccine causing a severe allergic reaction, other serious injury, or death.

Tell the vaccination provider if the person getting the vaccine:

- has had an allergic reaction after a previous dose of MMR vaccine
- has any severe, life-threatening allergies
- is pregnant or thinks they might be pregnant
- has a weakened immune system, or has a parent or sibling with a history of hereditary or congenital immune system problems
- has ever had a condition that makes them bruise or bleed easily
- has recently had a blood transfusion or received other blood products
- has tuberculosis
- has gotten any other vaccines in the past 4 weeks

# MMR vaccine effectiveness

## One dose

**93%**

against measles

**78%**

against mumps

**97%**

against rubella

## Two doses

**97%**

against measles

**88%**

against mumps

For more vaccine information, go to [immunize.utah.gov](https://immunize.utah.gov) or scan the QR code!

