

The Measles, Mumps and Rubella Vaccine – MMR

Measles, Mumps and Rubella (German measles) are each caused by a virus. These diseases are highly contagious. They are spread by coughing, sneezing, or drinking from the same cup or using the same fork or spoon as someone who has one of these diseases.

- Someone with the measles will have a rash, cough, runny nose, runny eyes and fever. The disease can result in more serious problems like ear infections or pneumonia. Sometimes, it can even cause seizures and brain damage.
- Someone with the mumps will have a rash, fever and swollen glands in the cheeks and neck. It can also result in more serious problems, like deafness, meningitis, or painful swelling of the testicles or ovaries.
- Rubella symptoms are a rash and mild fever. If a pregnant woman gets rubella, she might lose the baby or it might be born with a birth defect.

The **MMR vaccine** protects against all of these diseases.

Talk with your primary care provider about the **MMR vaccine** if you:

- Were born after 1957 and do not have proof of vaccination as a child.
- Are a female old enough to become pregnant.
- Were vaccinated for measles before 1968.
- Plan to travel outside the US
- Work in a health care facility



After the shot, you may experience some soreness where the needle went in, fever or a mild rash.

You do not need the **MMR vaccine** if:

- You were born before 1957.
- Blood tests show that you have protection against measles, mumps and rubella.