

# VACCINATION

This leaflet explains about measles, mumps and rubella and the MMR vaccination. One vaccination helps to protect against all three diseases.





#### Words that we use:

If a word is in **bold** in the leaflet, it will be in this list.

Allergic/allergy – something that you have a reaction to e.g. food, medication and or animal bites/insect stings

Allergist – someone who studies allergies

Anaphylactic reaction – the reaction to an allergy which may cause the body to feeling faint, fast heartbeat and swelling of certain body parts

Asthma – a condition that can affect your breathing

Booster vaccination – a second vaccination to make sure that you are protected against the virus

**Complications –** extra factors that could lead to other health problems

**Contraception** – ways of stopping people getting pregnant when they have sex

**Dose –** the amount of the vaccine you need to have to have **immunity** 

Encephalitis – inflammation of the brain that is caused by infection. This can cause flu-like symptoms and lead to seizures, difficulty speaking and feeling weak

Gelatine – clear jelly that is made from animal products. Not suitable for some special diets

German measles (rubella) – one of the parts of the MMR vaccine

Glands – round items that are in the back of the mouth

GP - general practice doctor

GP surgery – local doctors

Immunity – when you've been vaccinated and protected from the viruses



#### Words that we use: continued

Immune system – the part of your body that makes you stay healthy

- Immunosuppressed when someone doesn't have a strong immune system to fight against disease and illness
- Infectious when you can easily transmit the disease form person to person
- Live vaccine the vaccine contains small parts of the viruses
- MMR measles, mumps and rubella
- MMR vaccine Injection how they give you the vaccine
- **Meningitis –** inflammation of the lining around the brain. This can lead to a headache, a stiff neck and feeling sick
- **Neomycin/penicillin –** two forms of antibiotics that can help with recovery for viral infections
- Occupational health service to help support people in the workplace, addressing health problems when they arise and reassuring workers that the workplace is safe

Pancreas – a part of the body. It produces juices called enzymes. Enzymes help break down food in our bodies

Practice nurse – nurses in GP surgeries. They help treat, educate and assess patients

**Rash** – small red, sometimes itchy, spots

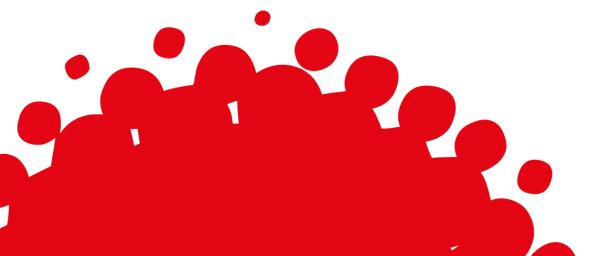
Side effects – other symptoms you might get after the vaccine

Symptoms – signs of a disease

**UK National Vaccination programme –** the place that explains how, when, what and why vaccines are there for us

Vaccination – medicine to stop you from getting sick with this disease

Viral illness – when you get a virus that give takes over your body. Some symptoms include sore throat, runny nose, cough.







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### What is Measles?

It is a very **infectious viral illness** that is spread by coughing and sneezing.

If you catch it, you could be very poorly for around 10 days.

There is no cure for **Measles**.

#### Symptoms include:



Cold-like symptoms



Fever

• A rash



• Sore red eyes

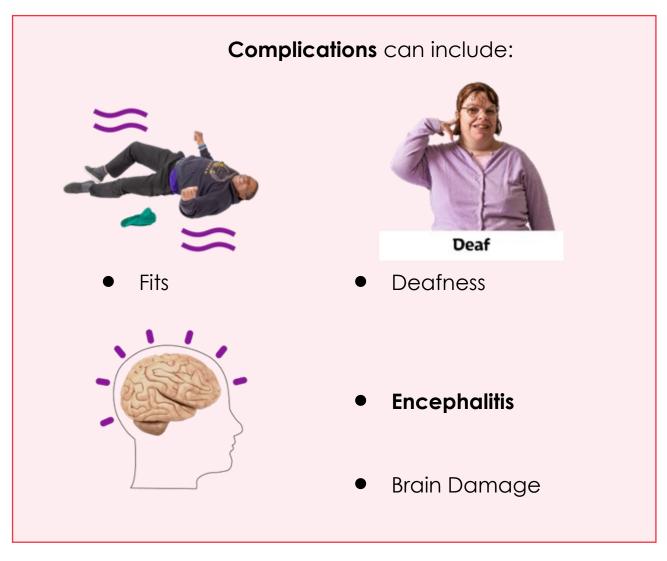


## Is Measles Serious?

Yes, it can be.



About 1 in 5 people go to hospital and 1 in 15 people will develop severe **complications**.







## What is Mumps?

It is a **viral illness** that is spread by coughs and sneezes, or from close contact with an infected person.

It can last around 2 weeks and will require bed rest and eating soft food due to swollen **glands** around the face.

Most cases occur in young adults who haven't been vaccinated against it.

There is no cure for **Mumps**.





## Is Mumps Serious?

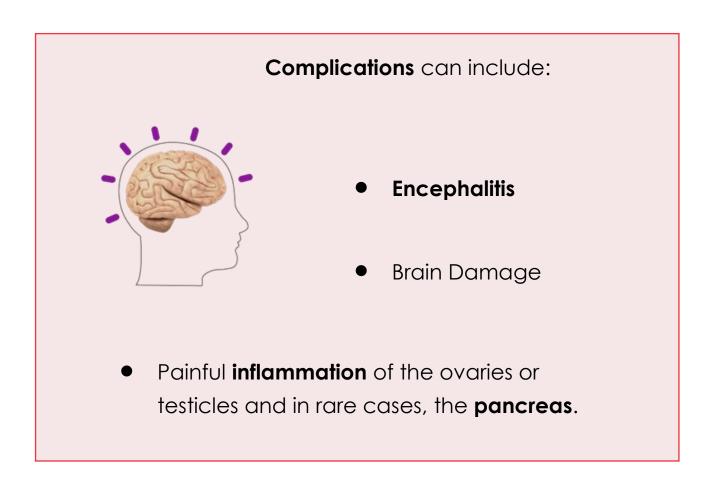
Yes, it can be.



Deaf

It can have very painful **complications** for some people.

Around **1 in 20** people can suffer temporary hearing loss.







## What is Rubella?

It is often known as '**German** Measles'.

It is a **viral illness** that is now rare in the UK, thanks to the **MMR vaccine**.

It is spread in a similar way to **Measles** and **Mumps**.

It is usually mild for most people and can last for 7-10 days.





## Is Rubella Serious?

Yes, if you are pregnant.



It can cause serious illness in unborn babies.

**Complications** for unborn babies can include:



Blindness



Heart problems



Deafness



 Brain Damage and death









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## What is the MMR Vaccine?

The **MMR vaccine** is the safest way to protect yourself against **Measles**, **Mumps** and **Rubella**.

It is **one vaccine** given by a single **injection** into the thigh of young children, or the upper arm in older children/ adults.

It is a **live vaccine** containing weakened versions of **Measles**, **Mumps** and **Rubella viruses** that produce **immunity** without making you ill.

- The **MMR vaccine** gives long lasting protection against **Measles**, **Mumps** and **Rubella** in just **two doses**.
- The **MMR vaccine** protects against **three** infections: **Measles**, **Mumps** and **Rubella.**





These are **viral infections** that spread more easily than the common cold, among unprotected children and adults.

You can check with your **GP** whether you have had the **vaccine.** Having extra **doses** will not cause you any harm.



## Who Should Have the MMR Vaccine?

- Young children
- Older children, teenagers and young adults
- Women of childbearing age
- Older adults
- If you were born or brought up abroad



#### Young Children



Young children should be offered <u>two</u> doses of the vaccine as part of the UK national vaccination programme.

- The first **dose** is given to children at age 12 months.
- The second **dose** at age 3 years 4 months, before starting school.

#### Older Children, Teenagers and Young Adults



For older children, teenagers and young adults, who have never had **MMR vaccine**, or only <u>one</u> **dose**:

Contact your **GP surgery** to catch up with your **doses**.

If you had <u>one</u> **dose** of the **vaccine** as a young child, you only need <u>one</u> more, no matter how long ago that first **dose** was.







#### Women of Childbearing Age

If you are a woman of childbearing age, you should have <u>two</u> **doses** of **MMR vaccine** before you become pregnant.

Check with your **GP surgery** if you unsure about whether you have had them or not.

As it is a **live vaccine**, avoid getting pregnant for <u>one</u> month after your vaccination.

Use a reliable method of **contraception** during this time.

If you are pregnant or have just had a baby and are not sure whether you had two **doses** of **MMR vaccine**:

Speak to your GP or practice nurse.

#### **Older Adults**







Older adults born in the UK before 1970 are likely to have had the three infections as children.

They may also have had the single **Measles** or **Rubella vaccinations** available before **MMR** was introduced.

If you unsure about whether you had these infections or the **vaccinations:** 

Speak to your GP or practice nurse.

You need <u>two</u> **doses**, <u>one</u> month apart.

Extra **doses** will not do you any harm as your **immune system** will recognise and destroy the **vaccine viruses**.





#### Born or Brought up Abroad

If you were born or brought up abroad, you may need two **doses** of MMR vaccine.

This is because not all countries use the combined MMR vaccine.

If you are unsure about what vaccines you have received whilst living abroad:

 Speak to your GP or practice nurse.





## How Safe is the MMR Vaccine?

The combined **MMR vaccine** has been safely protecting children for many years, worldwide.

All **vaccines** must be thoroughly tested for safety before they can be used.



Any **side effects** are usually mild and less severe than the disease itself.

Serious reactions after **vaccination** are rare.

Evidence from safety studies into the **vaccine** show <u>no</u>link between **MMR vaccine** and Autism.



## Does the MMR Vaccine work?

Over 99% of people who have <u>two</u> doses of the vaccine will be protected against Measles and Rubella.

Cases of **Mumps** in vaccinated people are much less severe.

Since **MMR** was introduced in 1988, it is now rare for children to develop these infections.





#### However:

Outbreaks of **Measles** and **Mumps** have occurred in recent years due to lower uptakes of the **vaccination**.

It is important to make sure you are protected by having <u>two</u> **doses** of **MMR vaccine**.



# What are the Side Effects of the MMR Vaccine?

Not everyone gets **side effects** from the **vaccine**.

Side effects can include:







A rash around 6-10 days after vaccination.

- Face swelling around 2-3 weeks after **vaccination**.
- Joint pains around 2-3 weeks after vaccination.

Occasionally, a reddish-purple
rash like tiny bruises can occur
up to six weeks following a
vaccination.

These **side effects** occur in a small percentage of people after their first **dose**.

They are usually seen when the **vaccine** is starting to work.

They normally only last 2-3 days.

They are not **infectious** to other people.

## Why should I or my children have the vaccine?

By having **MMR vaccine**, you are:

Protecting yourself against three serious **infections**.

You are also helping protect others who can't have the **vaccine**.

You will be helping to prevent large outbreaks of **disease**.









You should also have the **vaccine** if you work with young children or care for people. This is because:

Passing on **Measles** to children too young to be vaccinated, or to someone who is already ill can have very serious effects on their health.



## Is there anyone who shouldn't or can't have MMR vaccine?

#### Yes

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These include:

- Infants too young to have the vaccine.
- Children/adults who can't have the vaccine, due to a weakened immune system.



• Pregnant women.





 If you have had a confirmed anaphylactic reaction to Neomycin.

If you are unsure about whether you or your children should have the **vaccination**:

Speak to your GP or practice nurse.







## Does the MMR Vaccine Contain Gelatine?

There are two MMR vaccines which work well:

- One contains gelatine derived from pigs.
- One is **gelatine-free**.

If you have had an **anaphylactic** reaction to gelatine

OR

If you would prefer the **gelatinefree vaccine** for other reasons

• Speak to your **GP** or **practice nurse**.







## What if I am Allergic to Eggs or the Vaccine Itself?

People who are **allergic** to eggs, including children with **asthma**, can have their **MMR vaccine** at their **GP surgery**.

Anyone who has had a documented **anaphylactic reaction** to **MMR vaccine** itself should be assessed by an **Allergist**.





## Where Can I Get the MMR Vaccine?

From your **GP surgery**:

- All children aged 1 year to 3 years 4 months.
- Older children and adults.
- Women after they have given birth.





At your school:

 Adolescents and young adults can be offered their missing doses of MMR vaccine with other teenage booster vaccinations.

From your employer's occupational health service:

• Health care workers with direct patient contact.



## Remember

It is never too late to have the vaccine if you haven't had <u>two</u> **doses**.



Click

## Need more information about MMR vaccine?

Please visit:

 www.nhs.uk/conditions/ vaccinations/pages/mmrvaccine.aspx



Or

Speak to your
GP or practice
nurse.





Using

Easy Read by

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