

MEASLES, MUMPS & RUBELLA



The MMR Vaccination

is a safe and effective way to protect yourself and others from **three** serious diseases:

Measles

A highly contagious disease that causes fever, rash and other serious complications.

Mumps

Causes fever, swollen glands, and pain, especially in the face and neck.

Rubella

Also known as German Measles. It causes fever, joint pain and birth defects.

Why Get Vaccinated

Getting vaccinated is the best way to protect yourself and those around you who can't be vaccinated, like babies and people with weakened immune systems.

Measles, mumps, and rubella might be making a comeback!

Vaccination rates have dropped, making outbreaks more likely.



Signs You Might Need the MMR Vaccine:

- You weren't vaccinated as a child.
- You're unsure if you received both doses.
- You were born before 1970 (generally not vaccinated as a child).
- You travel internationally.

Protect Yourself and Others!

- The MMR vaccine is free for all ages in the UK.
- Talk to your doctor to see if you need the MMR vaccine.
- Vaccines are available at GP surgeries and some schools, universities, libraries, and sports centres (availability may vary).

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