

# MEASLES IS BACK!

*Did you know the UK  
has lost its status as a  
**measles-free** nation?*

*From 2017 to  
2018 the  
number of  
measles cases  
**tripled***

*All of which could be  
prevented with one  
simple vaccine – **the  
MMR***



# What is **the MMR**?

The MMR is

**1**

vaccine

With

**2**

doses

Protects against

**3**

diseases – measles, mumps & rubella

## What diseases does it **protect** against?

**Measles** – causes flu-like illness including a rash, sore eyes and a high fever.

Is it serious? **Yes.**

Measles can lead to severe complications in the lungs and brain. This includes pneumonia (lung infection), encephalitis (brain infection) and fits.

**Mumps** – causes headache, fever and swelling of glands in the side of the face.

Is it serious? **Yes.**

Mumps can cause grave complications in the brain, reproductive organs, pancreas and ear. This can include permanent hearing loss, infertility and encephalitis (brain infection).

**Rubella** – causes flu-like illness including a rash, aching joints and a high fever.

Is it serious? **Yes.**

Not only does rubella cause harm to your child, but can also cause significant harm to unborn babies, including deafness, eye, brain and heart problems at birth.

# Does the vaccine cause **side effects**?

The MMR vaccine is very safe. Many studies have shown clear evidence that the vaccine has no links to complications such as autism.

Like with every vaccine however, The MMR can lead to some side effects. These symptoms can mimic the milder symptoms of these three diseases, but this shows that your body is creating immunity against them.

# Do you have any **further concerns** about immunising your child with the MMR?

Some people may have concerns regarding the ingredients in the vaccine, for example the addition of gelatin. If this is a worry, please mention this to your GP or practice nurse.

***"Misinformation about vaccines is as contagious and dangerous as the diseases it helps to spread"*** WHO  
Director-General, Tedros Adhanom  
Ghebreyesus

## References

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