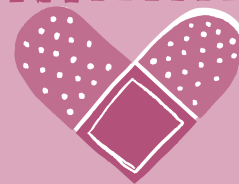


# Measles, Mumps, and Rubella Vaccine (MMR)



## Who should get vaccinated?



### Early Adolescents, Adolescents, and Adults

Anyone who didn't get the MMR vaccine when they were younger can get 1 or 2 doses of this vaccine. MMR vaccine can also be given after someone is exposed to measles to prevent or reduce the severity of infection. Ask your doctor how many doses you need if you are unsure.



### Children

Children need 2 doses of MMR vaccine, usually at:

- 12 – 15 months
- 4 – 6 years



## Why get vaccinated?

**This vaccine can prevent measles, mumps, and rubella. These diseases can cause:**

**Measles:** Fever, cough, runny nose, red eyes, and a rash that starts on the face and spreads to the body. Complications include diarrhea, vomiting, ear infection, respiratory infection, pneumonia, swelling of the brain, pregnancy complications, or death.

**Mumps:** Fever, headache, muscle aches, tiredness, loss of appetite, and swollen salivary glands. Complications include swelling or inflammation of the testicles, ovaries, pancreas, and brain that may lead to loss of hearing or death.

**Rubella:** Fever, sore throat, rash that starts on the face and spreads to the body, headache, and red, itchy eyes. Complications include arthritis, serious birth defects, brain infections, bleeding problems, or death.

You can get these diseases by breathing in the air near someone with measles, mumps or rubella who coughs or sneezes.

## Fast facts about the Measles, Mumps, and Rubella vaccine

1

The vaccine is given in 2 doses and protects against measles, mumps, and rubella.

2

Most people who are vaccinated will be protected for life.

3

Two doses of the vaccine are 97% effective against measles and 88% effective against mumps. One dose is 97% effective against rubella.

To learn more about this vaccine and possible side effects, see the CDC Vaccine Information Statements:



Health is a community effort — tell your friends, family, and coworkers. Learn more about the benefits of vaccines and which ones you might need at [JuntosEnSalud.org](https://www.juntosensalud.org).

