



UK Health  
Security  
Agency

**NHS**

Easy read guide to the MMR vaccine

# There is a vaccine to help protect you against measles, mumps and rubella



## What is Measles?



Measles is caused by a virus which can make you feel poorly.



Measles is spread by coughs and sneezes.



Measles can make you feel hot.



Measles can also give you a red rash.



Measles can give you sore eyes.



Measles can make some people very poorly. If you get very poorly you might get

- a chest infection
- fits (some people call these seizures)

## What is Mumps?



Mumps is caused by a virus and can make you feel poorly.



Mumps is spread by coughs and sneezes.



Mumps can make your head hurt and make you feel hot.



Mumps can make your face become swollen (this means your face gets bigger).



For some people mumps can make it difficult for you to hear things.

## What is Rubella?



Rubella is also caused by a virus and it can make you feel poorly.



Rubella can

- make you feel hot
- make your arms hurt
- make your legs hurt



This does not normally make you poorly but if you are pregnant, rubella can make your baby very poorly.

## Who can get the MMR vaccine?



Children aged 6 years or older.



Older children, teenagers or adults who have missed an injection, or both injections.

## Who can't get the MMR vaccine?



You should not get the MMR vaccine if you are pregnant.



You can have your MMR after you have had your baby.

## The MMR vaccine



This vaccine is called MMR. It will protect you against 3 viruses. These viruses are called measles, mumps and rubella.



You can get the MMR vaccine from your GP.



You will need 2 injections to protect you. These will be one month apart.

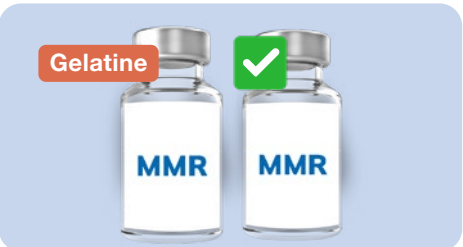


When you go for your MMR vaccine, a nurse or doctor will put the vaccine in the top of your arm.



It is important to get both of your MMR vaccines. They are free and will stop you getting measles, mumps and rubella.

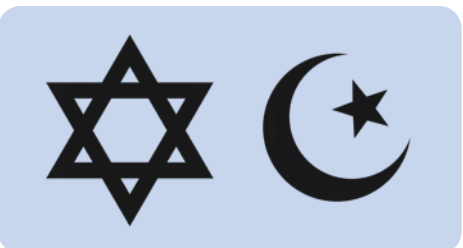
## There are two types of MMR vaccine



You can ask your GP for the MMR vaccine that does not have any gelatine in it.



Gelatine comes from the bodies of pigs.



Some people want a vaccine that does not have gelatine in because of their religion.

## Check if you have had these vaccines



You can check with your doctor, your child's red book or your health visitor to see if you or your child have had all their vaccines.

## Some things you might feel after your vaccine



Some people think this vaccine causes autism but it does not.



You may have some pain and redness where you had your injection.



You may get a small rash and your face may get a bit bigger (swollen) for a short time.



You may get pain in your arms or legs.



If you feel unwell, you should rest and take paracetamol if you can. Check with someone if you are not sure and always make sure you follow the information on the box.

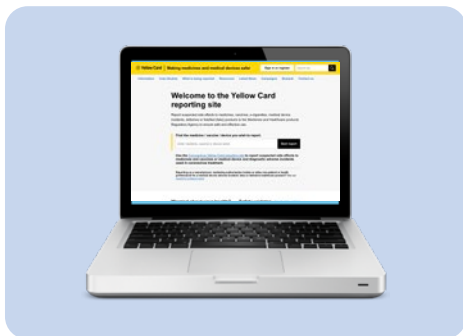


You should feel better soon after.

## More information



If you have any questions about your health but it is not an emergency, you can ring 111 or speak to your doctor. You can also find support on NHS 111 online. [111.nhs.uk](https://111.nhs.uk)



If you have any other symptoms after having the vaccine you can tell us about this on the MHRA Yellow Card website. [yellowcard.mhra.gov.uk](https://yellowcard.mhra.gov.uk)

This is not in easy read and you may need some help to do this.



Being up to date with all of your routine vaccines, helps to give you the best protection.



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