

# Measles, Mumps & Rubella (MMR): Fact Sheet



There have been recent measles outbreaks in Wales, and there are current outbreaks in Birmingham and London

## Measles:

- Measles is one of the **most infectious diseases in the world**. If one person has it, 9 out of 10 of their unvaccinated family and friends could become infected.
- Measles can be **way more serious than just a rash**. It can cause severe complications such as sight loss, hearing loss, pneumonia, meningitis or death.
- Unvaccinated children and those who are pregnant are at greatest risk of severe complications from measles.
- If there is a confirmed case of measles in a school, any close contact who has not been vaccinated will have to **isolate for 21 days**.

## Mumps:

- Mumps is highly infectious and is characterised by **neck swelling & tenderness**.
- Mild symptoms of mumps can include a fever, headaches, body aches, tiredness and loss of appetite.
- Serious complications of mumps include infection of the testicles in boys, and ovaries in girls - this **can lead to fertility problems** later in life, as well as deafness

## Rubella:

- Rubella causes mild symptoms for most people such as a rash, fever, tiredness, runny nose and eye infection. It can cause more serious symptoms.
- If someone who is pregnant is infected with rubella it can cause the baby to die, or to be born with eye defects, deafness, heart problems, growth problems and other serious medical issues.

**The full course of MMR vaccine is 2 doses  
- and it is never too late to catch up!**

Measles, Mumps & Rubella (MMR)  
Vaccination Consent Form

**Gelatine free MMR vaccines are available**

To arrange vaccination for your child, scan the QR code to complete a consent form, or contact your GP Practice



If you are unsure if your child has had the MMR vaccine, check your child's personal health record (red book) in the first instance. If you remain unsure, other options include:

- **Contacting the Local Child Health Team on 029 218 3626 or 029 218 36929**
- **Contacting your GP Practice.**

