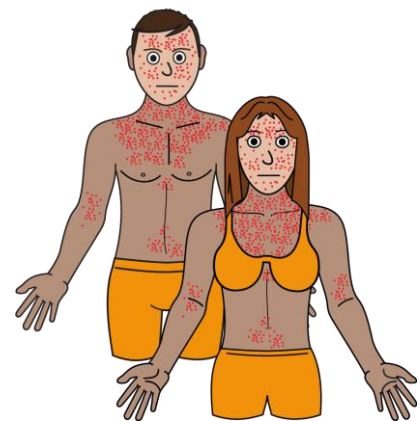
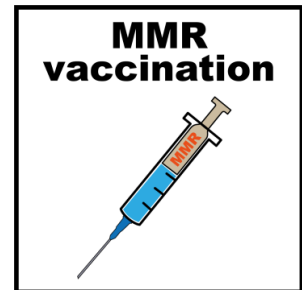


Getting the MMR vaccine in Sussex

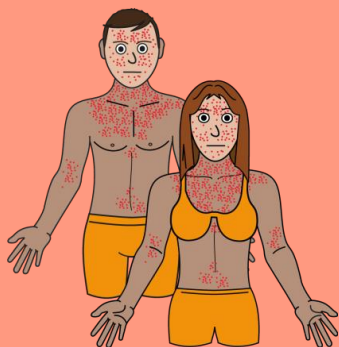
Protect against Mumps, Measles and Rubella



If you need more information after reading this booklet, please speak to your usual doctor or nurse.

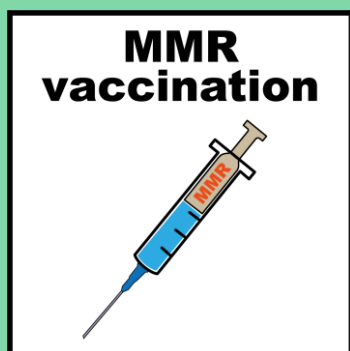


There are 4 parts to this booklet:



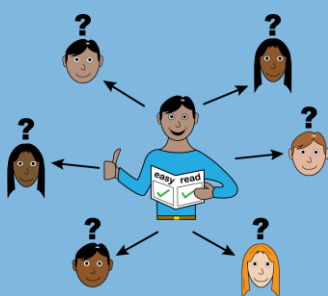
What is 'MMR': Measles, Mumps and Rubella?

The red section explains about these illnesses.



About the MMR vaccine

The green section explains about the MMR vaccine.



Who should get the MMR vaccine

The blue section explains who should get the vaccine.



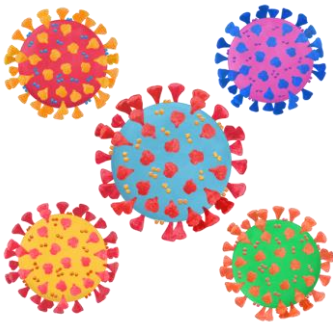
Before, during and after getting the MMR vaccine

The yellow section explains about getting the MMR vaccine.

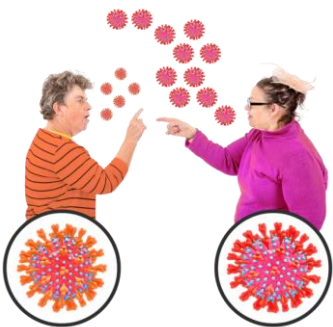
What is 'MMR': Measles, Mumps and Rubella?



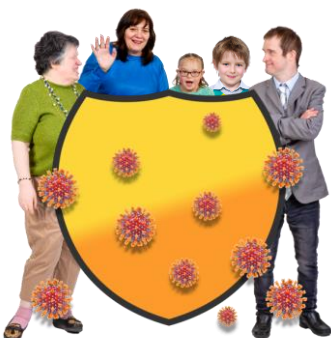
MMR stands for **Measles, Mumps** and **Rubella**.



Measles, Mumps and Rubella are infections caused by viruses.

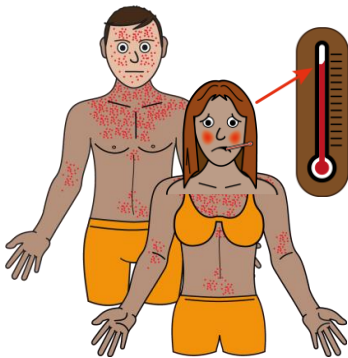


They all spread easily between people and make you feel poorly.

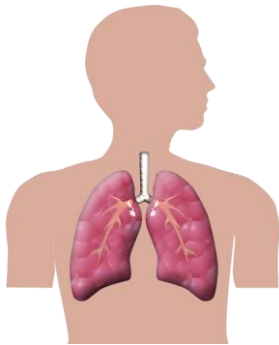


It is really important to protect people from Measles, Mumps and Rubella.

About Measles



Measles can give you a rash and a high temperature of more than 38 degrees on a thermometer.



It can be really serious. It makes some people get a serious infection in their lungs.

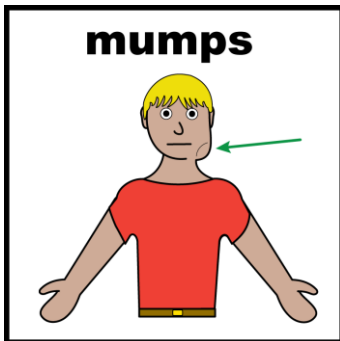


Measles spreads very quickly when people with the virus cough and sneeze. Even if you only pass someone by, you can get infected.



Sadly, some people die from measles.

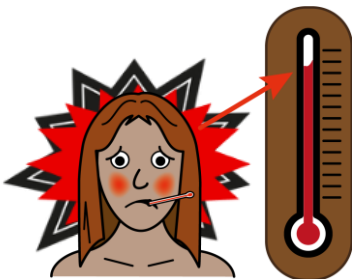
About Mumps



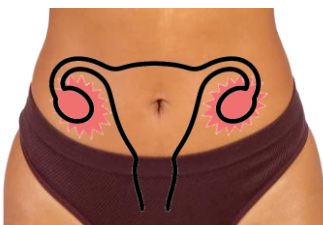
Mumps makes your face and neck feel really sore and lumpy.



Mumps spreads when people with the virus cough and sneeze near other people.



You could also get a headache and a temperature of more than 38 degrees on a thermometer.



Woman can get swollen and painful **ovaries**. **Ovaries** are at the bottom of your tummy. You have 1 on each side.

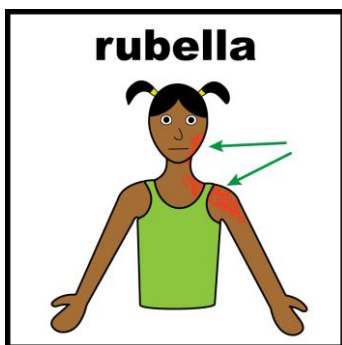


Men can get swollen and painful **testicles**. The **testicles** are under the penis. They are sometimes called balls.

About Rubella



Rubella does not usually make you feel very poorly.



You might get a sore, lumpy throat and a rash.



Rubella spreads when people with the virus cough and sneeze near other people.

pregnant



If a pregnant person catches rubella it is very dangerous.

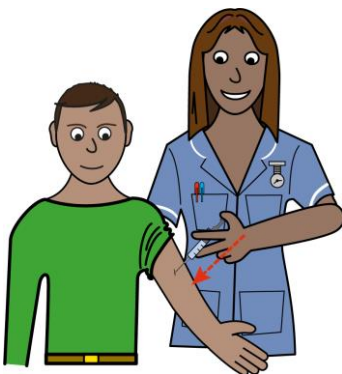
About the MMR vaccine



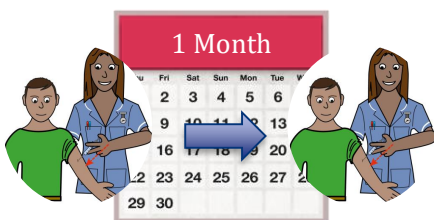
A **vaccine** is a medicine that keeps you safe from catching an illness.



The MMR vaccine can protect you from Measles, Mumps and Rubella.



You get the MMR vaccine through an injection, usually in your arm.



You need 2 injections for the vaccine to work properly.

You have the second injection at least 1 month after the first injection, but children wait longer.

The MMR vaccine is safe and works well



The vaccine works by making your **immune system** remember Measles, Mumps and Rubella.

Your **immune system** is the part of your body that helps to protect you from infections.



In the future, if someone around you has Measles, Mumps or Rubella, your immune system will remember and protect your body against getting infected.



All vaccines in the UK have been tested so that they are safe for people.

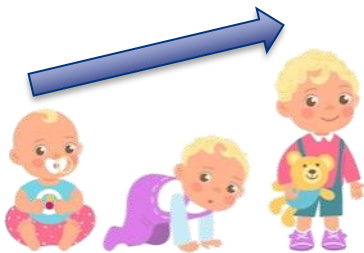


The MMR vaccine has been given to millions of people since it first started in 1988.

Who should get the MMR vaccine?



All children aged between 12 and 13 months old should have their first injection of the MMR vaccine.



Children should have their second injection when they are 3 years old.



If you are an older person who did not have the vaccine when you were young, you can still have the vaccine when you are older.



If you are not sure if you need to have the MMR vaccine, talk to your doctor or nurse.

If you have just moved to the United Kingdom, talk to your doctor or nurse about which vaccines you need.

People who should not have the MMR vaccine



Most people can have the MMR vaccine, but some people cannot.

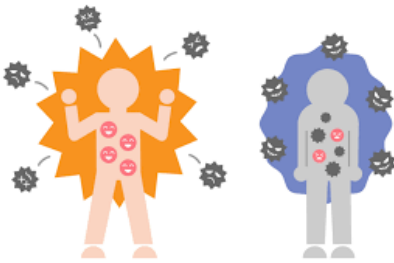


You cannot have the MMR vaccine if you are pregnant.



If you want to have a baby, check with your doctor or nurse that you have had your 2 MMR injections before getting pregnant.

People who should talk to the doctor or nurse for more advice



If you have an **immune system** that does not work very well, talk to your doctor or nurse to see if you should get the MMR vaccine.

Your **immune system** is the part of your body that helps to protect you from infections.



If you have serious allergies, talk to your doctor or nurse to see if you should get the MMR vaccine



If you do not want to have **gelatine**, you should talk to your doctor or nurse so they give you the version without gelatin.

Gelatine is a type of ingredient. It is made from parts of animals like pigs.



If you have ever had a fit or seizure that was not caused by a high temperature, talk to the doctor or nurse to see if you should get the MMR vaccine.

Before getting the MMR vaccine



Most people usually have the MMR vaccine at their doctors surgery.



If you have a child, when it is time for them to have the MMR vaccine, you will get a letter from your doctor with the time and date for an appointment.



If you cannot make the appointment time that the letter says, please call your doctors surgery to organise a different time.



If you are an older person who needs the MMR vaccine, you will need to talk to your doctor or nurse about organising an appointment.

Before getting the MMR vaccine – reasonable adjustments



If you need **reasonable adjustments** to get the MMR vaccine, you should tell the doctors surgery before your appointment.



A **reasonable adjustment** is any small change that would help make it easier for you to go to your health appointment.



For example, you might need a special time of day for your appointment, or you may need someone to come with you. You might need extra time to understand everything.



Another example is that you or your child might be scared of needles. You can tell your doctor or nurse this before so you can make a plan together.

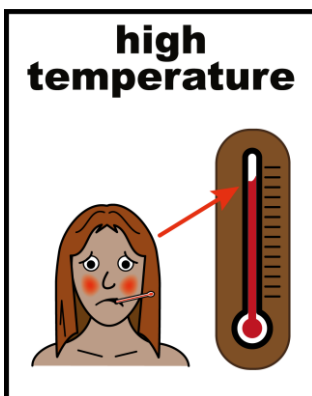
On the day of getting the MMR vaccine



You do not need to do anything special on the day of getting an MMR vaccine injection, just go to your doctors surgery on time.



You might want to wear a short sleeved shirt or t-shirt if you can, as they will probably inject you on your upper arm.



If you or your child are unwell or have a high temperature on the day of the appointment, you should wait to get the vaccine when you feel better.

A high temperature is more than 38 degrees on a thermometer.



If this happens, you should call your doctors surgery and they will tell you what to do.

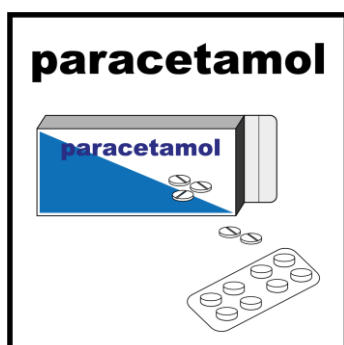
After getting the MMR vaccine – most people will feel a bit sore



After getting the MMR vaccine injection, you might have a sore arm. The arm that got the injection might feel hot, and have a small lump where the needle went in.



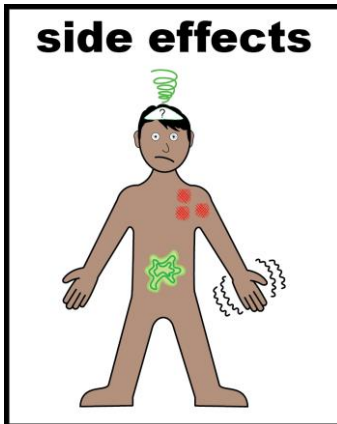
This is normal and okay. It should only last for 1 to 2 weeks.



It is unlikely you will need it, but if you or your child feel unwell after having the injection, you can take paracetamol or ibuprofen tablets.

Remember to follow the instructions on the packet.

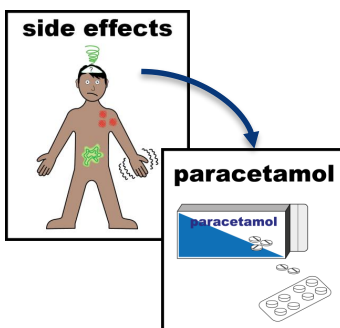
After getting the MMR vaccine – some people might get side effects



Side effects are things that might happen to people after they take medication. Not everyone will get side effects.



The side effects of the MMR vaccine might happen at different times after getting the injection.



If you get side effects and they make you feel unwell, you can take paracetamol or ibuprofen tablets.

Remember to follow the instructions on the packet.

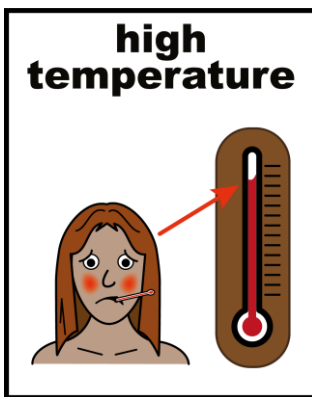


If you or your child feel very unwell, and you are worried it is not normal, talk to your doctor or nurse, or call **NHS 111**.

Side effects that can happen 7 to 11 days after the injection



A rash.



A high temperature of more than 38 degrees on a thermometer.

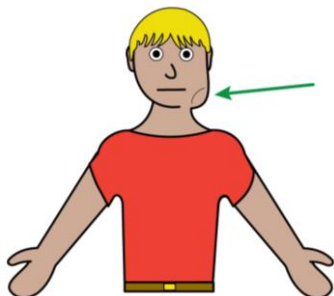


Not feeling hungry.



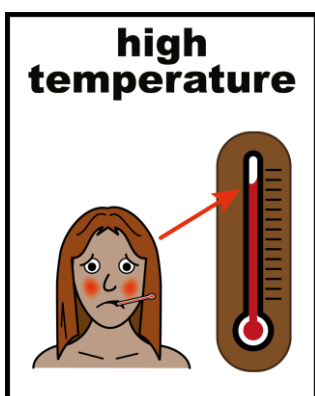
These side effects should only last for 2 to 3 days.

Side effects that can happen 3 weeks after the injection



Lumps in your throat or neck,

and



a high temperature of more than 38 degrees on a thermometer.



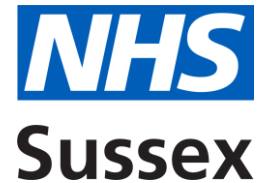
These side effects do not happen to very many people.

These side effects should only last for 2 to 3 days.



If it lasts longer than 2 to 3 days or you feel very unwell, you should talk to your doctor or nurse, or call **NHS 111**.

More information



If you want more information about the MMR vaccine, you can speak to your usual doctor or nurse.



If you use the internet, you can also find more information on the NHS website.

Just google 'NHS MMR Vaccine'.

Designed by
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Brighton and Hove
Speak Out

