

MMR FACTS



The MMR vaccine helps protect you from three very nasty illnesses: measles, mumps, and rubella. It's like a shield that keeps those bad bugs away!



We need the MMR vaccine because measles, mumps, and rubella can make you very unwell. These infections spread easily between people and can lead to serious problems including meningitis, blindness and hearing loss. The MMR vaccine is the best way to keep you safe from these illnesses.



The MMR vaccine is not linked to autism. Research has shown there is no link between the MMR vaccine and autism.



It is better to have the MMR vaccine than separate vaccines for measles, mumps, and rubella. The MMR vaccine protects you from all three at once, so you're safer sooner.



Babies and young children are given 2 doses of the MMR vaccine. They're given a first dose at 1 year old and a second dose after they turn 3 years old.



If you missed a dose, don't worry! You can still catch up. Children and adults can get an MMR vaccine at their GP practice.



If you're not sure if you're vaccinated, ask your GP. If your vaccine record is not up to date, it is recommended you get vaccinated to be safe. An extra dose is harmless.

Find out more at www.nhs.uk/vaccinations/mmr-vaccine