

PROTECT YOURSELF AGAINST MEASLES, MUMPS, AND RUBELLA!

The MMR vaccine



What does this vaccine protect against? The MMR vaccine is a three-in-one combination vaccine that protects against Measles, Mumps, and Rubella.

- **Measles (rubeola or red measles):** A viral infection that causes fever, coughing, runny nose, red eyes, and rash. Rare complications include ear and lung infections, encephalitis leading to seizures, deafness, and brain damage.
- **Mumps:** A viral infection that spreads through coughing, sneezing, or saliva contact. Symptoms include fever, headache, jaw gland swelling, and complication such as testicle or ovary swelling, deafness, encephalitis, and meningitis.
- **Rubella (German measles):** A viral infection that spreads through coughing or sneezing, causing fever, sore throat, rash, joint pain, and complications like encephalitis and bleeding disorders. In pregnancy, it can lead to miscarriage, stillbirth, or birth defects.



Who should get this vaccine?

Children: Recommended for those aged 12 months who are not getting the combined MMR-Var vaccine.

Babies: (6-11 months) at high risk for measles or undergoing organ transplant.

Adults: Who haven't received the vaccine, or lack immunization records for measles, mumps, or rubella.

Who should not get this vaccine?

- Individuals allergic to vaccine components or with serious side effects from a previous dose.
- Those with weakened immune systems, recent blood product transfusions, recent receipt of another live vaccine, or pregnancy.



What are the side effects of this vaccine?

- Mild and temporary, appearing up to 6 weeks post-vaccination.
- Include redness/swelling at the injection site, fever, body aches, sore joints, or a measles-like rash.
- Manage symptoms with a cool, wet cloth, or medications like ibuprofen or acetaminophen for pain or fever.

If you have any additional questions or want to schedule your vaccination, you can:

Call Health Link at 811; call AIMGA's Multilingual Health Hub for Newcomers Phone Line at 1-587-392-8062; contact your family physician or primary care network; visit booking.aimga.ca to book a patient navigator