

# PROTECT YOURSELF AGAINST MEASLES, MUMPS, RUBELLA, AND THE CHICKENPOX!

## The MMR-Var vaccine



### What does this vaccine protect against?

The MMR-Var vaccine is a four-in-one combination vaccine that protects against the following illnesses:

- **Measles (rubeola or red measles):** An airborne viral infection that causes fever, coughing, runny nose, red eyes, and rash. Serious cases can lead to middle ear and lung infections, encephalitis with seizures, deafness, or brain damage.
- **Mumps:** Spreads through coughing, sneezing, or saliva contact. Symptoms include fever, headache, jaw gland swelling, and complications such as testicle or ovary swelling, deafness, encephalitis, and meningitis.
- **Rubella (German measles, different than measles):** A viral infection spreading through coughing or sneezing that causes fever, sore throat, rash, joint pain, encephalitis, and bleeding disorders. In pregnancy, it can result in miscarriage, stillbirth, or birth defects.
- **Varicella (chickenpox):** A viral infection that causes fever and an itchy rash with water-filled blisters. It easily spreads through the air or touch. Can reactivate later in life, causing shingles.



### Who should get this vaccine?

**Children:** It is part of the routine immunization from 12-months up to 12-years, typically with two doses at 12 and 18 months. If the 18-month dose is missed, the second dose can be taken at 4 years. **Not recommended for those older than 12 years.**

### Who should not get this vaccine?

Your child should not receive the vaccine if they have allergies to vaccine components, serious side effects from a previous dose, weakened immune system, recent blood product transfusion, recent live vaccine, seizures, organ/stem cell transplant, or pregnancy.



### What are the side effects of this vaccine?

- Mild and temporary, may appear up to 6 weeks post-vaccination.
- Include redness/swelling/soreness at the injection site, crying fatigue, irritability, fever, poor appetite, measles-like rash, rubella-like rash, or varicella-like rash.
- If varicella-like rash occurs, cover it and avoid contact with pregnant individuals, newborns, or those with weakened immune systems.
- If more than 50 spots develop, call Health link at 811.
- Manage symptoms with a cool, wet cloth, or medications like ibuprofen or acetaminophen.

### 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](https://booking.aimga.ca) to book a patient navigator