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 As of 2019, over
90% of children
 under 24 months
 old are vaccinated.
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- Centers for Disease Control
 and Prevention (CDC)

Contact your child's doctor or check
 your medical records to make sure
 they are up to date on vaccinations.

More Questions?

Connect with a County of San Diego
 Public Health Nurse for more information:

-  **Phone Number**
 1 (866) 358-2966 OPTION 5
-  **E-mail Address**
 PHS-IZPHN.HHSA@sdcounty.ca.gov

Scan here to learn
 more about MMR
 vaccination on the
 sdiz.org website.



Measles Mumps Rubella

Everything You Need to Know
 about the MMR Vaccine



What is Measles, Mumps, & Rubella?

Measles is more than just a rash, it is a contagious disease caused by a virus. Measles can be serious, especially for children under 5 years old.

Measles spreads through the air when a sick person coughs or sneezes. Nearly 90% of unvaccinated people who come into contact with a sick person will become infected.



Mumps is a contagious disease caused by a virus. It is commonly known for the puffy cheeks and swollen jaw it causes.

Mumps spreads through contact with a sick person's saliva (spit) or droplets from the nose and mouth. Sharing items with saliva, such as cups and silverware, as well as close contact activities can spread mumps.

Rubella is a contagious disease caused by a virus. In pregnant women, it can cause birth defects or miscarriage. Even though most people do not have symptoms, it can still be spread to others.

Rubella spreads when an infected sick person coughs or sneezes. It can also spread from mother to baby during pregnancy and cause serious health problems.



Complications

Measles causes a rash. It starts at the hairline and spreads through the rest of the body. It may cause ear infections and diarrhea, but some people develop serious health problems.

- As many as 1 in 5 unvaccinated people will need to be hospitalized.
- About 1 in 20 people will develop pneumonia. This is the most common cause of death for children with measles.

Mumps can cause swelling in vital organs. This can be dangerous. In rare cases, it can require hospitalization.

- Males who get sick with mumps after puberty may develop swollen testicles. This can cause testicles to shrink and reduce sperm count.
- Females may experience swollen ovaries, which can be painful.

Rubella can cause serious health problems for pregnant women and their developing babies. It is usually minor in children, but a pregnant woman can pass it to her baby. This can cause birth defects including:

- Loss of hearing or eyesight,
- Heart problems,
- Intellectual disabilities, and,
- Liver and spleen damage.
- In some cases, it can cause miscarriage or stillbirth.

Vaccination is the Best Prevention

The Centers for Disease Control and Prevention (CDC) recommends all people get the MMR vaccine. This helps protect against measles, mumps, and rubella. The MMR vaccine is required for entry to school and childcare.

Two (2) doses are required for the most protection. The first dose is given at 12-15 months. The second dose is given at 4-6 years. Children can get the second dose as soon as 28 days after the first dose. If you plan to travel with your baby, one (1) dose can be given at 6 months.



Why Vaccinate?

- ✓ 97% effective in protecting against measles.
- ✓ 88% effective in protecting against mumps.
- ✓ 97% effective in protecting against rubella.
- ✓ Two (2) doses of MMR are required for school and childcare entry.
- ✓ Protects children from serious health problems.
- ✓ Provides lifelong immunity.