

Measles, Mumps & Rubella (MMR) Vaccination FAQ

What is Measles, Mumps and Rubella?

Measles, mumps and rubella are dangerous viruses that can cause serious complications in babies, young children and pregnant women. Measles is very contagious and is known for its rash. Mumps is commonly known for a swollen jaw and can cause permanent hearing loss in children. Rubella is very dangerous for pregnant women as it can cause birth defects and loss of pregnancy.

How can I protect my child?

Measles, mumps and rubella can be prevented with the MMR vaccine. The Centers for Disease Control and Prevention (CDC) recommends 2 doses of the vaccine. The first dose is given at 12-14 months and the second dose at 4-6 years. If you plan on traveling to another country with your child, they can get the first dose of the MMR vaccine as early as 6 months old.

Why should my child get the vaccine?

The MMR vaccine provides lifelong protection against measles and rubella. A booster for mumps may be recommended during outbreaks, which are rare. The vaccine protects your child from getting an uncomfortable rash, hearing loss and birth defects. The vaccine also prevents your child from missing valuable time at school and reduces the chance of them being hospitalized due to complications caused from measles, mumps and rubella.

What are childcare and school requirements for the MMR vaccine?

Every state in the United States (U.S.) require children starting childcare or public schools to get the MMR vaccine. For more information, see [State Vaccine Requirements](#).



**CONNECT WITH A COUNTY OF SAN DIEGO
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How effective is the vaccine?

One dose of the MMR vaccine is 93% effective against measles, 78% against mumps and 97% against rubella. Two doses are 97% against measles and 88% against mumps. Only 1 dose of the MMR vaccine is enough to effectively prevent rubella, but it is highly recommended to get a second dose of MMR to increase protection against measles and mumps.

Is the MMR vaccine safe?

The MMR vaccine has been well studied by scientists and is both safe and effective. The MMR vaccine is live-attenuated, meaning it is made of a weakened form of the virus. Vaccines, like any medicine, can have side effects. The side effects are usually mild and include soreness at the injection site, fever, mild rash and stiffness of joints. The benefits of the vaccine outweigh the risk of experiencing side effects.

What should I expect at the doctor's office?

Vaccinations are part of a routine well-child checkup and prevention strategy. Bring a list of questions you may have for your child's doctor and be ready to support your child during the visit. You can make vaccinations easier for your child by comforting them with singing or cuddling or by distracting them. Make sure to hold your child firmly in your lap when they are getting vaccinated.



For more information, visit the sdiz.org website, using the QR code to the left.

