



-MMR FAST FACTS- MEASLES, MUMPS, & RUBELLA

DID YOU
KNOW?

The MMR vaccine is given in two (2) doses. **They are 97% effective in protecting against measles, 88% effective in protecting against mumps, and 97% effective in protecting against rubella.**

Two (2) doses of the MMR vaccine are required for starting schools and daycares. The first dose is given at 12-15 months and the second dose is given at 4-6 years.

Measles is one of the most contagious viruses in the world. Nearly 90% of unvaccinated people, who come into contact with someone with measles, will get sick.

Mumps outbreaks are rare, but they still happen. **They occur most often in close-contact areas such as schools.**

Rubella can be dangerous for pregnant women and their developing baby. **It can cause serious birth defects or loss of pregnancy.**

High immunity in communities is key in preventing outbreaks. It is very important to stay up to date on children's vaccines.

If you think your child has been around someone with measles, mumps, or rubella, **contact their doctor right away.**

In 2014, a measles outbreak occurred in Anaheim, CA, with 125 people being infected. **Most of the people were not vaccinated.**



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To learn more about the MMR vaccine, visit the county website (sdiz.org) by scanning the QR code above.



**CONNECT WITH A COUNTY OF SAN DIEGO
PUBLIC HEALTH NURSE FOR MORE INFORMATION**

**CALL: 1 (866) 358-2966 OPTION 5
EMAIL: PHS-IZPHN.HHSA@SDCOUNTY.CA.GOV**

