

# VACCINATE YOUR CHILD AGAINST Measles, Mumps & Rubella with the MMR Vaccine!

## MEASLES

A very contagious disease that causes a rash on the entire body. Measles can cause serious health issues and even death.

## MUMPS

Mumps is commonly known for the puffy cheeks and swollen jaw it causes. Mumps can lead to permanent hearing loss, brain swelling, and spinal cord infections.

## RUBELLA

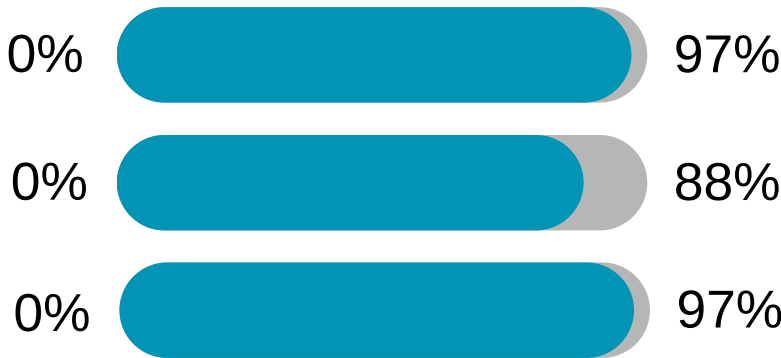
A dangerous disease for pregnant women and developing babies that can cause miscarriages and birth defects.



## VACCINATION IS THE BEST PREVENTION

### HOW EFFECTIVE IS IT?

The MMR vaccine has been well studied by scientists, it is safe and effective.



- The MMR vaccine is the best way to protect your children from measles, mumps, and rubella. Children who are not vaccinated or delay vaccination risk getting sick and spreading it to others.
- Two (2) doses of the MMR vaccine offers the best protection and are required by the Centers for Disease Control and Prevention (CDC). The MMR vaccine is required prior to attending school.



**FIRST DOSE:**  
12-15 months



**SECOND DOSE:**  
4-6 years

*Did you know?* All 50 states have laws that require children starting childcare or school to get the MMR vaccine. For more information, see [California State Vaccine Requirements](#).



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

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