

What are Measles, Mumps and Rubella?

- **Measles** is a serious respiratory infection. It is the most contagious vaccine-preventable disease that spreads easily through **coughing or sneezing**. Measles infection can lead to complications such as ear infections, diarrhea, pneumonia, and swelling of the brain.
- **Mumps** is a viral infection of the salivary glands that spreads through **coughing, sneezing, and close face-to-face contact**. Mumps can lead to deafness and meningitis, and may cause painful, swollen testicles in teenage boys and men and a painful infection of the ovaries in women.
- **Rubella** is caused by a virus that spreads through **coughing, sneezing, and close face-to-face contact**. Rubella is usually a mild illness in children but can be more severe in teenagers and adults. If a person contracts rubella during the first 20 weeks of pregnancy, their baby is at risk for birth defects and infection may result in a miscarriage.

What are the symptoms of MMR diseases?

Measles:

- Drowsiness
- Fever
- Irritability
- Runny nose
- Rash

Mumps:

- Fever
- Headache
- Tiredness
- Loss of appetite
- Swollen/tender salivary glands

Rubella:

- Eye irritation
- Fever
- Headache
- Sore throat
- Rash



Who is at highest risk for MMR diseases?



Infants



People who have not been vaccinated



Young children



All adults born in 1970 or later (unlikely to have acquired natural immunity)

What are the current MMR vaccine guidelines?

MMR vaccines are approved by Health Canada and provide protection against measles, mumps, and rubella diseases. The **MMR vaccine is recommended as part of routine immunization of children**, with the first dose administered at **12 to 15 months of age** and the second dose at **4 through 6 years of age**. Older children, adolescents, and adults also require 1 or 2 doses of MMR vaccine if they are not already immune to the MMR diseases.



Vaccination remains one of the best ways to safeguard yourself from preventable diseases, reduce the risk of serious illness and complications and prevent the spread of disease to others. Talk to your healthcare provider to learn more about how vaccination can support you and your families health and wellness.