



What you need to know about the **MMR vaccine (measles, mumps and rubella)**

The MMR vaccine is a combination vaccine that protects against three viruses: measles, mumps and rubella. These viral infections are very contagious and spread through sneezing and coughing, so getting immunized is the best way to protect yourself and others. For more information, read the frequently asked questions below. Talk to your primary care provider to make sure your family is up to date on MMR and all recommended vaccines.

How is the MMR vaccine administered, and are there side effects?

The MMR vaccine contains two doses, given 28 days apart. Besides a bit of soreness at the injection site, most people experience mild side effects (if any), like fatigue or low-grade fever. Receiving the MMR vaccine is much safer and has fewer lasting side effects than contracting measles, mumps or rubella.

Is the MMR vaccine safe?

Yes. Like all childhood immunizations, the MMR vaccine is backed by extensive research and years of use, ensuring a safe, effective vaccine that helps protect everyone from measles, mumps and rubella. Most people can safely receive the MMR vaccine, but there are some exceptions. Be sure to talk to your doctor about whether the MMR vaccine is right for you or your child.

Can teens and adults get the MMR vaccine if needed?

While the MMR vaccine is part of early childhood immunization schedules, adolescents and adults should get the MMR vaccine if they are not already immune to measles, mumps and rubella. Some health conditions and allergies require precautions before being vaccinated. Your doctor or healthcare provider can answer any questions about the adult MMR vaccine.

Can pregnant women get the MMR vaccine if needed?

While women of childbearing age are recommended to get the MMR vaccine, women who are currently pregnant should wait until they are no longer pregnant to receive the MMR vaccine. However, it is safe for breastfeeding women to be vaccinated against MMR.

To learn more about the MMR vaccine or other routine immunizations for your family, talk to your primary care provider or visit beimmunekansas.org.

