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## Vaccine Information Statement

### MMR Vaccine (Measles, Mumps and Rubella): What you need to know

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

#### 1. Why get vaccinated?

Measles, mumps, and rubella are **serious diseases** (diseases that can have serious consequences). Before vaccines they were very common, especially among children.

##### Measles

- Measles virus causes **rash, cough, runny nose, eye irritation, and fever.** (fever, cough, runny nose, and red, watery eyes, followed by rash)
- **It** (Measles) can lead to ear infection, (diarrhea), pneumonia, **seizures (jerking and staring)**, brain damage, and death.

##### Mumps

- Mumps virus causes fever, headache, muscle pain, (tiredness), loss of appetite, and swollen glands (in the cheeks and neck).
- **It** (Mumps) can lead to deafness, (encephalitis or) meningitis (**infection** (swelling) of the brain and/(or) spinal cord covering), painful swelling of the testicles or ovaries, and rarely **sterility** (death).

##### Rubella ((also known as) German Measles)

- Rubella virus causes (fever, sore throat), rash, (headache, eye irritation, and) arthritis (mostly in (teenage and young) women), **and mild fever.**
- If a woman gets rubella while she is pregnant, she could have a miscarriage or her baby could be born with serious birth defects.

These diseases (are easily) spread from person to person through **the air** (coughing and sneezing, or through direct contact with an infected person.) **You can easily catch them by being around someone who is already infected.**

Measles, mumps, and rubella (MMR) vaccine can protect children **(and adults)** and adults from all three of these diseases.

(Vaccination programs have made these diseases much less common in the U.S. But if we stopped vaccinating, these diseases could return and cause a lot of people to become ill.) **Thanks to successful vaccination programs these diseases are much less common in the U.S. than they used to be. But if we stopped vaccinating they would return.**

## 2. (MMR vaccine) **Who should get MMR vaccine and when?**

**Children** should get 2 doses of MMR vaccine (which are usually recommended at:)

- **First Dose:** 12–15 months of age (12 through 15 months of age (first dose), and)
- **Second Dose:** 4–6 years of age (second dose). (may be given earlier, if at least 28 days after the 1st dose)

(The second dose may be given earlier, but at least 28 days after the first dose.)

(**Infants between 6 and 11 months of age** should get 1 dose of MMR vaccine at least 2 weeks before travel outside the country. (This dose will not count toward their routine series.)

Some infants younger than 12 months should get a dose of MMR if they are traveling out of the country. (This dose will not count toward their routine series.)

Children between 1 and 12 years of age can get a “combination” vaccine called MMRV, which contains both MMR and varicella (chickenpox) vaccines. There is a separate Vaccine Information Statement for MMRV.

(Children between 12 months and 12 years of age can get a combination vaccine called MMRV. MMRV contains both chickenpox and MMR vaccines. There is a separate Vaccine Information Statement for MMRV. Ask your doctor for more information.)

**Some adults** should also get MMR vaccine: Generally, anyone 18 years of age or older who was born after 1956 should get at least one dose of MMR vaccine, unless they can show that they have either been vaccinated or had all three diseases. (has not received MMR vaccine should get at least 1 dose, unless they can show that they have had all three diseases. Most people born before 1957 have had these three diseases.)

MMR vaccine may be given at the same time as other vaccines. (There are no known risks to getting MMR vaccine at the same time as other vaccines.)

## 3. **Some people should not get MMR vaccine or should wait. (this vaccine)**

(Tell the person who is giving you the vaccine:)

\*\*\*The format of this section has been changed, but most say the same info except for the one I have included below. The new one omits the specific mention of allergy to neomycin.

- **(If you have any severe, life-threatening allergies.**  
If you ever had a life-threatening allergic reaction after a dose of MMR vaccine, or have a severe allergy to any part of this vaccine, you may be advised not to get vaccinated. Ask your health care provider if you want information about vaccine components.)

- Anyone who has ever had a life-threatening allergic reaction to the antibiotic neomycin, or any other component of MMR vaccine, should not get the vaccine. Tell your doctor if you have any severe allergies.
- Anyone who had a life-threatening allergic reaction to a previous dose of MMR or MMRV vaccine should not get another dose.
- Some people who are sick at the time the shot is scheduled may be advised to wait until they recover before getting MMR vaccine.
- Pregnant women should not get MMR vaccine. Pregnant women who need the vaccine should wait until after giving birth. Women should avoid getting pregnant for 4 weeks after vaccination with MMR vaccine.
- Tell your doctor if the person getting the vaccine:
  - Has HIV/AIDS, or another disease that affects the immune system
  - Is being treated with drugs that affect the immune system, such as steroids
  - Has any kind of cancer
  - Is being treated for cancer with radiation or drugs
  - Has ever had a low platelet count (a blood disorder)
  - Has gotten another vaccine within the past 4 weeks
  - Has recently had a transfusion or received other blood products

Any of these might be a reason to not get the vaccine, or delay vaccination until later.

#### 4. What are the risks from MMR vaccine? (Risks of a vaccine reaction)

A vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions.

(With any medicine, including vaccines, there is a chance of side effects. These are usually mild and go away on their own, but serious reactions are also possible.)

The risk of MMR vaccine causing serious harm, or death, is extremely small.

Getting MMR vaccine is much safer than getting measles, mumps or rubella.

Most people who get MMR vaccine do not have any serious problems with it.

**Mild (Minor) problems** (following MMR vaccine include:)

- Fever (up to 1 person out of 6)
- Mild rash (about 1 person out of 20)
- Swelling of glands in the cheeks or neck (about 1 person out of 75)

If these problems occur, it is usually within 6-14 days after the shot. They occur less often after the second dose.

**Moderate problems** (following MMR vaccine include:)

- Seizure (jerking or staring) caused by fever (about 1 out of 3,000 doses)

- Temporary pain and stiffness in the joints, mostly in teenage or adult women (up to 1 out of 4)
- Temporary low platelet count, which can cause a bleeding disorder (about 1 out of 30,000 doses)

**Severe(, and very rare) problems (very rare)** (following MMR vaccine include:)

- (Deafness)
- (Long-term seizures, coma, or lowered consciousness)
- (Permanent brain damage)

(These reactions happen so rarely that it is difficult to tell whether they are caused by the vaccine.)

- **Serious allergic reaction (less than 1 out of a million doses)**
- **Several other severe problems have been reported after a child gets MMR vaccine, including:**
  - Deafness
  - Long-term seizures, coma, or lowered consciousness
  - Permanent brain damage

These are so rare that it is hard to tell whether they are caused by the vaccine.

**\*\*\*All new(Other problems that could happen after this vaccine:**

- People sometimes faint after medical procedures, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting and injuries caused by a fall. Tell your provider if you feel dizzy, or have vision changes or ringing in the ears.
- Some people get shoulder pain that can be more severe and longer-lasting than the more routine soreness that can follow injections. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions from a vaccine are very rare, estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit:  
[www.cdc.gov/vaccinesafety/\\*\\*\\*\)](http://www.cdc.gov/vaccinesafety/***))

## 5. What if there is a serious **reaction** (problem)?

**What should I look for?**

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or behavior changes.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

**What should I do?**

- If you think it is a **severe allergic reaction** (bolded in new version) or other emergency that can't wait, call 9-1-1 or get **the person** to the nearest hospital. Otherwise, call your **doctor** (clinic).

- Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor **might** (should) file this report, or you can do it yourself through the VAERS web site at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling **1-800-822-7967**.

**VAERS is only for reporting reactions. They do not give medical advice.**

(VAERS does not give medical advice.)

## **6. The National Vaccine Injury Compensation Program**

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382** or visiting the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

## **7. How can I learn more? Ask your doctor.**

- (Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.)
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call **1-800-232-4636 (1-800-CDC-INFO)** or
  - Visit CDC's website at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

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