

# MMR VACCINE

Measles, Mumps & Rubella

*Safety and Effectiveness*



## What does MMR prevent?

Measles, mumps and rubella are caused by viruses spread very easily to others by respiratory droplets. The MMR vaccine protects against these diseases and serious problems they cause like lung infections, brain swelling and even death from measles, birth defects from rubella, and problems with fertility from mumps. Infection with measles virus weakens the immune system; the MMR vaccine **strengthens** the immune system.

## How the MMR Vaccine Works

The MMR vaccine has very weakened forms of the measles, mumps and rubella viruses that help you build antibodies that protect you if you are exposed to the viruses later. MMR does not cause the diseases.

## How Well Does It Work?

**One dose of MMR vaccine is:**

- 93% effective against measles
- 72% effective against mumps
- 97% effective against rubella

**Two doses of MMR vaccine are:**

- 97% effective against measles
- 86% effective against mumps

## Is the Vaccine Safe?

MMR vaccines have been used safely for decades; serious side effects are checked for often and found to be rare.

- **Temporary side effects:** Some experience a sore arm, fever, a small rash, joint pain in women. These go away on their own.
- **Rare serious side effects:** seizures from fever, low blood platelets, or severe allergic reaction.
- **Fewer than 100 adverse events** reported for over 1 million doses given in South Carolina in 10 years. These events aren't known to be caused by the vaccine.

## Who Should **NOT** Get the Vaccine?

- People with a severe allergy to vaccine ingredients
- People with very weak immune systems
- Those who are pregnant

## What's In the Vaccine

- Weakened forms of measles, mumps and rubella virus that are too weak to make you sick.
- Stabilizers like sugar, amino acids, and gelatin
- Tiny amounts of protein from the cell process
- A small amount of the antibiotic neomycin

## What's **NOT** in the Vaccine

- No mRNA
- No aluminum
- No preservatives like thimerosal
- No fetal tissue

