

Measles, Mumps and Rubella (MMR)

After your MMR vaccination



Don't want to take this fact sheet with you? Take a photo instead! It's important to keep this information handy.

The measles, mumps and rubella (MMR) vaccine protects against 3 viral infections – measles, mumps and rubella.

MMR vaccine has an excellent safety record

MMR vaccines have been used in New Zealand since 1990.

The vaccine is very effective. After one dose, about 95% of people are protected from measles and after two doses, more than 99% of people are protected.

A small number of people who are immunised may still become unwell if infected with measles mumps or rubella, but they usually get a milder illness than people who haven't been immunised.

How might I feel after I get the vaccine

What you may feel	What can help	When this could start
Swelling and pain at the injection site (hard and sore to touch) Heavy arm	Place a cold, wet cloth, or ice pack where the injection was given. Leave it on for a short time. Do not rub the injection site.	Within 6 – 24 hours
Feeling unwell or tired A fever or aching muscles	Rest and drink plenty of fluids. Take paracetamol or ibuprofen for relief of significant discomfort or high fever. Follow the manufacturer's instructions, or seek advice from your health professional.	Within 6 – 24 hours
Rash and fever (very rare)	No treatment is required. The rash is not infectious however it should be reviewed by a health professional in case it is caused by an illness and not as a result of the vaccine.	Between 5 and 12 days after immunisation

Rare side effects

The chance of having a serious allergic side-effect from the MMR vaccine is extremely rare and would happen within 20 minutes of being immunised. That's why you'll be asked to stay for 20 minutes after you have the MMR vaccine. If a severe allergic

reaction does happen, the vaccinator is trained to treat it.

Your vaccinator will talk about possible reactions with you at the time of your immunisation.



You can call **Healthline** if you have any concerns about how you are feeling after your immunisation. You can phone **Healthline** on **0800 611 116** for health advice and information. You can also contact your family doctor.


You can also report any side effects to the Centre for Adverse Reactions Monitoring (CARM) at nzphvc.otago.ac.nz/report/

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Vaccine card

Keep this as a record of your vaccines to give to your doctor / nurse when you return home so your health records can be updated.

Name		Date of birth DD / MM / YYYY
Vaccine given		
Batch	Date DD / MM / YYYY	Site given Left arm <input type="checkbox"/> Right arm <input type="checkbox"/>
Name of health service		

 Cut out and keep safe.