

# Measles-Mumps-Rubella FAQ

## **How can I protect my child and myself against measles?**

The best protection against measles for individuals and the community is through routine immunization with MMR vaccine. This is a combined vaccine that protects against measles, mumps and rubella. In almost all cases, people who received the MMR vaccine are protected against measles. However, in rare cases, people who get the vaccine can still become infected with the measles if exposed to the virus. Two doses of MMR vaccine provide full protection against measles to 99 out of every 100 persons vaccinated.

## **At what age should children get the MMR vaccine?**

Children should receive the first dose of MMR vaccine at 12-15 months of age and the second dose at 4-6 years of age (or no earlier than 28 days after the first dose). Older children who have not been vaccinated should receive two doses of MMR vaccine at least 28 days apart. The recommended age for receiving MMR vaccine might change if there is a measles outbreak in your community, or if you will be traveling to a foreign country. In such cases, check with your child's health care provider to ensure that your child is properly vaccinated to protect against measles.

## **Do adults need to be vaccinated against measles?**

All U.S. adults born during or after 1957 should also get at least one dose of MMR vaccine unless they can show they have either the vaccine or had a blood test that showed they were immune to measles. Healthcare workers should have two doses of MMR vaccine.

## **Are there people who should not get the MMR vaccine?**

Yes, some people should not get MMR vaccine or should wait before getting it. This includes persons with allergies to components of the vaccine and those with medical conditions that preclude vaccination. If you have further questions, discuss them with your health care provider.

## **Is the MMR vaccine safe?**

The MMR vaccine has been in use for more than three decades in the U.S., and reports of serious adverse events following vaccination have been extremely rare. As with all vaccines, there can be minor reactions from the MMR vaccine. These reactions might include pain and redness at the injection site, headache, fatigue, rash, or a vague feeling of discomfort. It is important to know that the risk of MMR vaccine causing serious harm or death has been extremely small and that being vaccinated is much safer than getting any of the three diseases (measles, mumps and rubella) the vaccine protects against. Vaccine safety experts, including experts at CDC and the American Academy of Pediatrics (AAP), agree that MMR vaccine is not responsible for recent increases in the number of children with autism. In 2004, a report by the Institute of Medicine (IOM) concluded that there is no link between autism and MMR vaccine, and that there is no link between autism and vaccines that contain thimerosal as a preservative.

## **If a person can't remember if he/she was vaccinated for measles can they get vaccinated again?**

There is no harm in giving MMR vaccine to a person who may already be immune to one or more of the vaccine viruses.

## **Are there any home remedies that I can take that will prevent me from getting the measles?**

No. The only way to prevent you from getting the measles is to get your two doses of the MMR vaccination.