

MMR Vaccination

Measles, Mumps and Rubella

What is the MMR vaccine?

The MMR vaccine protects against three serious diseases: **measles, mumps, and rubella**. These are highly contagious viral infections that can lead to **serious health complications**, including meningitis, blindness and hearing loss. They can quickly spread to unprotected children.

How many doses are needed?

2 doses of the MMR vaccine are needed.

After 2 doses of MMR, less than 1% of children are left unprotected against measles.

Who should have the MMR vaccine?

The MMR vaccine is recommended for **all babies and young children**, but older children and adults can have it if they were not vaccinated when they were younger.

The MMR vaccine is offered during the **Routine Childhood Immunisation Programme**. The schedule has changed from the 1st July 2025:

1st dose between 12 and 13 months.

Children **born on or before 30th June 2024** will be offered a **2nd dose at 3 years and 4 months**

Children **born on or after 1st July 2024** will be offered a **2nd dose at 18 months**.

Symptoms of Measles

High temperature



Runny nose



Cough



Sore red eyes



Rash



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Photo of a boy with measles, CDC

Over 99% of those who have two doses of the MMR vaccine will be protected against measles and rubella.

In the UK, millions of doses of the MMR vaccine have been given since it was introduced in 1988.

The MMR vaccine does *not* cause autism.

Beware of false health information.

Always get your information from reliable sources for accurate advice.

What are the side effects of the MMR vaccine?

After any vaccine there may be side effects. Following the MMR vaccine **some people may get a mild rash** that looks like measles, the glands may swell to look like mumps, or they may have pains in the joints like rubella. These **side effects** occur in a small percentage of people after the first dose.

How safe is the MMR vaccine?

The MMR vaccine has been **safely protecting children since the vaccine was introduced in 1988**, in many countries worldwide. Before vaccines can be used, they are tested for **safety, quality and efficacy**. Although there may be some side effects from vaccination, they are usually mild and are much less severe than the disease itself.

Does the MMR vaccine cause Autism?

Many studies have taken place to look at the safety and effectiveness of MMR vaccine. The evidence is clear that **there is no link between the MMR vaccine and autism**.

**Additional
information on
NHS Inform about
the MMR vaccine**



www.nhsinform.scot/healthy-living/immunisation/mmr-vaccine/