

# Measles, Mumps and Rubella (MMR)

## After your MMR vaccination

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

A few people may get a mild response between five and twelve days after immunisation, like a mild fever, a rash or swollen glands.

Other mild reactions that can happen (usually within one or two days of immunisation) include:

- headache
- a slight fever (feeling hot)
- nausea (feeling sick)
- fainting or feeling faint (eating beforehand helps with this)
- generally feeling a bit unwell

### 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/](https://nzphvc.otago.ac.nz/report/).