

Information about Measles, Mumps, and Rubella (MMR) Vaccine



What is the MMR Vaccine?

The MMR vaccine can prevent infections of measles, mumps, and rubella. It is given as two doses into the upper arm, and most insurance plans cover the cost. Getting the vaccine is the best way to protect yourself and your loved ones from MMR. It is also effective at stopping the spread of MMR.

Who is the MMR vaccine for?

All children over 1 year old should get the MMR vaccine. It is recommended that everyone should get two doses of the MMR vaccine, especially young children.



- 1st dose: 12-15 months old.
- 2nd dose: 4-6 years old.

Children who will be traveling internationally at 6-11 months of age or older should get the MMR vaccine. They could also get the other two recommended doses at ages 12-15 months and 4-6 years for additional protection.

Adults who will be traveling internationally who are not vaccinated should get at least one dose of the MMR vaccine.

What are common symptoms of measles, mumps, and rubella?

MEASLES:

- Fever
- Cough
- Runny nose
- Red, watery eyes
- Rash that covers the whole body

MUMPS:

- Fever
- Headache
- Muscle aches
- Tiredness
- Loss of appetite
- Swollen salivary glands under the ears

RUBELLA:

- Fever
- Sore throat
- Rash
- Headache
- Eye irritation

Rubella can cause arthritis in up to half of teenage and adult women. If a person gets rubella while they are pregnant, the baby could be born with health problems like hearing, heart, and developmental issues.



How do the vaccines work?

After the MMR vaccines are given, the weakened virus causes a harmless infection in the vaccinated person. The person's immune system fights the weakened virus and builds protection. Rarely, people who have been vaccinated can still get infected. In these cases, the person will have a milder illness and are less likely to spread the virus to others.

How are the vaccines given?

The MMR vaccines are given in a series of two doses injected into the muscle in your upper arm. Young children should be given two doses, the first at 12-15 months and the second at 4-6 years. Unvaccinated older children and adults should get two doses. Doses should be separated at least 28 days apart.

What are the potential side effects?

The most common side effect include:

- Soreness
- Redness at the injection site
- Fever
- Mild rash
- Some women experience neck or cheek swelling, and temporary joint pain.

Are the vaccines safe?

Yes, the vaccines are safe for people who do not meet the conditions listed below. One dose of the MMR vaccine is effective at preventing measles, mumps, and rubella.

Talk with your provider before getting the vaccine if you:

- Have had an allergic reaction to a previous dose of the MMR vaccine
- Have other life-threatening allergies
- Have tuberculosis
- Are pregnant or may become pregnant
- Have gotten any other vaccines in the previous 4 weeks
- Bruise or bleed easily, or are on a blood thinner
- Recently had a blood transfusion or received other blood products
- Have a weakened immune system
- Have a family member (parent or sibling) with history of immune system problems
- Are feeling moderately or severely ill. Wait until you recover before getting the MMR vaccine

References

1. Measles(Rubeola). CDC. Published January 17, 2025. https://www.cdc.gov/measles/vaccines/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov
2. MMR Vaccine VIS. CDC. Published February 28, 2025. https://www.cdc.gov/vaccines/hcp/current-vis/mmr.html?CDC_AAref_Val=https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mmr.html