

ARE YOU FULLY IMMUNISED AGAINST MUMPS?



MMR vaccination
It's not just for children

immunisation

the safest way to protect your health for life

Aged between 18 and 25?

This leaflet could prevent you from getting mumps!

- If you are aged between 18 and 25, there's a very good chance that you've had only one dose of the MMR (measles, mumps and rubella)* vaccine. You need two doses of MMR to be properly immunised. These have recently been outbreaks of mumps among teenagers and adults because they have not been fully protected.
- Mumps is an acute viral illness that causes fever, headache and painful swollen glands. It is spread from person to person by coughs and sneezes. It can also be transmitted by direct contact through saliva.
- It can cause viral meningitis and permanent deafness. Much rarer, but very painful complications of mumps, are inflammation of the pancreas and of the ovaries and testicles.
- The only effective way to prevent mumps is to have two MMR vaccinations. If you don't know if you've had MMR before, having more than one or two doses won't do you any harm.
- **Contact your student health service, school nurse or GP to find out how you can get your FREE MMR vaccination.**
- For further information please visit:
www.mmrthefacts.nhs.uk

*The MMR vaccine was first introduced into the UK in 1988 for all babies over one year of age. The second dose, given at 3-5 years of age, wasn't introduced until 1996. This means that there is a large group of people in their late teens and early twenties who will have received only one MMR injection, so it is important that you have MMR now. If you're not sure if you ever had MMR before, then you should have one dose now and make an appointment to have a second dose in three months time. Even if you have had one or two doses in the past, having more won't do you any harm.