

# IMPORTANT INFORMATION ABOUT MEASLES, MUMPS, AND RUBELLA AND MEASLES, MUMPS, AND RUBELLA VACCINES

*Please Read This Carefully*

MMR 1/1/88

## **WHAT IS MEASLES?**

Measles is the most serious of the common childhood diseases. Usually it causes a rash, high fever, cough, runny nose, and watery eyes lasting 1 to 2 weeks. Sometimes it is more serious. It causes an ear infection or pneumonia in nearly 1 out of 10 children who get it. Approximately 1 child out of every 1,000 who get measles has an inflammation of the brain (encephalitis). This can lead to convulsions, deafness, or mental retardation. About 2 children in every 10,000 who get measles die from it. Measles can also cause a pregnant woman to have a miscarriage or give birth to a premature baby.

Before measles vaccine shots were available, there were hundreds of thousands of cases and hundreds of deaths each year. Nearly all children got measles by the time they were 15. Now, wide use of measles vaccine has nearly eliminated measles from the United States. However, if children are not vaccinated they have a high risk of getting measles, either now or later in life.

## **WHAT IS MUMPS?**

Mumps is a common disease of children. Usually it causes fever, headache, and inflammation of the salivary glands, which causes the cheeks to swell. Sometimes it is more serious. It causes a mild inflammation of the coverings of the brain and spinal cord (meningitis) in about 1 child in every 10 who get it. More rarely, it can cause inflammation of the brain (encephalitis) which usually goes away without leaving permanent damage. Mumps can also cause deafness. About 1 out of every 4 adolescent or adult men who get mumps develops painful inflammation and swelling of the testicles. While this condition usually goes away, on rare occasions it may cause sterility. Before mumps vaccine shots were available, there were more than 150,000 cases each year. Now, because of the wide use of mumps vaccine, the number of cases of mumps is much lower. However, if children are not vaccinated, they have a high risk of getting mumps.

## **WHAT IS RUBELLA?**

Rubella is also called German measles. It is a common disease of children and

may also affect adults. Usually it is very mild and causes a slight fever, rash, and swelling of glands in the neck. The sickness lasts about 3 days. Sometimes, especially in adult women, there may be swelling and aching of the joints for a week or two. Very rarely, rubella can cause inflammation of the brain (encephalitis) or cause a temporary bleeding disorder (purpura).

The most serious problem with rubella is that if a pregnant woman gets this disease, there is a good chance that she may have a miscarriage or that the baby will be born crippled, blind, or with other defects. The last big rubella epidemic in the United States was in 1964. Because of that epidemic, about 20,000 children were born with serious problems such as heart defects, deafness, blindness, or mental retardation because their mothers had rubella during the pregnancy.

Before rubella vaccine shots were available, rubella was so common that most children got the disease by the time they were 15. Now, because of the wide use of rubella vaccine, the number of cases of rubella is much lower. However, if children are not immunized, they have a high risk of getting rubella and possibly exposing a pregnant woman to the disease. If an unimmunized woman later becomes pregnant and catches rubella, she may have a defective baby. Since rubella is a mild illness, many women of childbearing age do not recall if they had rubella as a child. A simple blood test can show whether a person is immune to rubella or is not protected against the disease. Overall, about 1 in 5 women of childbearing age is not protected against rubella.

## **MEASLES, MUMPS, AND RUBELLA VACCINES:**

The vaccines are given by injection and are very effective. Ninety percent or more of people who get the shot will have protection, probably for life. Since protection is not as likely to occur if the vaccines are given very early in life, these vaccines should be given to children after their first birthday; measles-vaccine should be given at 15 months of age or older. Measles, mumps, and rubella vaccines can be given one at a time or in a combined vaccine

*(PLEASE READ OTHER SIDE)*

(measles-rubella [MR], measles-mumps-rubella [MMR] by a single shot. If they are given in combined vaccine, they should be given at 15 months of age or older.

Experts recommend that adolescents and adults—especially women of child-bearing age—who are not known to be immune to rubella should receive rubella vaccine (or MMR if they might also be susceptible to measles or mumps). Women should not receive the shot if they are pregnant or might become pregnant within 3 months. There is no known risk in being immunized against any or all three of these diseases if you are already immune to any of them.

**POSSIBLE SIDE EFFECTS FROM THE VACCINES:**

About 1 out of every 5 children will get a rash or slight fever lasting for a few days, 1 or 2 weeks after getting measles vaccine. Occasionally there is mild swelling of the salivary glands after mumps vaccination.

About 1 out of every 7 children who get rubella vaccine will get a rash or some swelling of the glands of the neck 1 or 2 weeks after the shot. About 1 out of every 20 children who get rubella vaccine will have some aching or swelling of the joints. This may happen anywhere from 1-3 weeks after the shot. It usually lasts only 2 or 3 days. Adults are more likely to have these problems with their joints— as many as 4 in 10 may have them. True arthritis with swelling of the joints is generally seen in less than two percent of adults receiving rubella vaccine. If pain or swelling of the joints occurs, it rarely lasts for more than a few days and rarely returns. Other temporary side effects, such as pain, numbness, or tingling in the hands and feet have also occurred but are very uncommon.

Although experts are not sure, it seems that very rarely children who get these vaccines may have a more serious reaction, such as inflammation of the brain (encephalitis), convulsions with fever, or nerve deafness.

With any vaccine or drug, there is a possibility that allergic or other more serious reactions or even death could occur.

**PERSONAL OR FAMILY HISTORY OF CONVULSIONS:**

Children who have had a convulsion and children who have a brother, sister, or parent who has ever had a convulsion are more likely to have a convulsion after receiving measles vaccine. Advisory committees of the United States Public Health Service and the American Academy of Pediatrics recommend that because of the overall risk of measles disease and the fact that the risk of

convulsions is still very low, children with a personal history of a convulsion and children with a family history of convulsions should receive measles vaccine. However, you should tell the person who is to give the immunization about such a history and discuss the possibility of using an anti-fever medicine.

**WARNING—SOME PERSONS SHOULD NOT TAKE THESE VACCINES WITHOUT CHECKING WITH A DOCTOR:**

- Anyone who is sick right now with something more serious than a cold.
- Anyone who had an allergic reaction to eating eggs so serious that it required medical treatment (does not apply to rubella vaccine).
- Anyone with cancer, leukemia, or lymphoma.
- Anyone with a disease that lowers the body's resistance to infection.
- Anyone taking a drug that lowers the body's resistance to infection (such as cortisone, prednisone or certain anticancer drugs).
- Anyone who has received gamma globulin (immune globulin) within the preceding 3 months.
- Anyone who had an allergic reaction to an antibiotic called neomycin so serious that it required medical treatment.

**PREGNANCY:**

Measles, mumps, and rubella vaccines are not known to cause special problems for pregnant women or their unborn babies. However, doctors usually avoid giving any drugs or vaccines to pregnant women unless there is a specific need. To be safe, pregnant women should not get these vaccines. A woman who gets any of these vaccines should wait 3 months before getting pregnant.

Immunizing a child whose mother is pregnant is not dangerous to the pregnancy.

**QUESTIONS:**

If you have any questions about measles, mumps, or rubella immunization, please ask us now or call your doctor or health department before you sign this form.

**REACTIONS:**

If the person who received the vaccine has a convulsion or other serious reaction the person should be seen promptly by a doctor.

If the person who received the vaccine gets sick and visits a doctor, hospital, or clinic in the 4 weeks after immunization, please report it to:

**PLEASE KEEP THIS PART OF THE INFORMATION SHEET FOR YOUR RECORDS**

*I have read or have had explained to me the information on this form about measles, mumps, and rubella and measles, mumps, and rubella vaccine. I have had a chance to ask questions which were answered to my satisfaction. I believe I understand the benefits and risks of measles, mumps, and rubella vaccine and request that the vaccine checked below be given to me or to the person named below for whom I am authorized to make this request.*

Vaccine to be given:  Measles  Mumps  
 Rubella  Measles-Rubella  Measles-Mumps-Rubella

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INFORMATION ABOUT PERSON TO RECEIVE VACCINE (Please Print)				
Last Name	First Name	MI	Birthdate	Age
Address				
City	County	State	Zip	
X Signature of person to receive vaccine or person authorized to make the request.				Date

FOR CLINIC USE
Clinic Ident.
Date Vaccinated
Manuf. and Lot No.
Site of Injection

**FOR DATA PROCESSING USE ONLY (OPTIONAL)**

VACCINE HISTORY	PLACE CHECK	IN BOX IF HISTORY PREVIOUSLY SUBMITTED					
DTP:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	MEASLES:	<input type="checkbox"/>	MUMPS:
	m/d/yr	m/d/yr	m/d/yr	m/d/yr		m/d/yr	m/d/yr
POLIO:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	RUBELLA:	<input type="checkbox"/>	HAEMOPHILUS:
	m/d/yr	m/d/yr	m/d/yr	m/d/yr		m/d/yr	m/d/yr