

For pupils and parents/guardian

## **Vaccination against measles, mumps and rubella (MMR vaccine)**

The Norwegian Childhood Immunisation Programme offers pupils in 6th grade (11-12 years of age) a booster dose of the vaccine against measles, mumps and rubella (MMR vaccine). The first dose is normally given at 15 months of age. A booster dose is now being offered to maintain this protection.

### **About the diseases**

**Measles** is the most serious and most infectious of the childhood diseases. The disease starts with cold symptoms and a high fever, followed by a rash. Measles is often associated with complications such as pneumonia, bronchitis and middle ear infection. Serious effects such as inflammation of the brain (encephalitis), permanent brain injury and death can occur among unvaccinated people.

**Mumps** is associated with a fever and swelling in the salivary glands in the neck. The most common complication is meningitis. Most people recover from mumps without permanent injury. A more serious complication is permanent loss of hearing. If boys get mumps after puberty, the virus can attack the testicles and cause infertility.

**Rubella** is a mild disease with a fever and rash. If a pregnant woman who is not immune is infected with rubella, the disease can cause serious harm to the unborn baby. The risk of malformations is higher than 80 % if the disease occurs in the first part of the pregnancy. Vaccination of children prevents transmission to pregnant women.

### **About the vaccine**

The vaccine used is called M-M-Rvaxpro, and consists of live, weakened virus. After the vaccination, there is temporary tenderness, redness and swelling at the site of injection. One to two weeks after vaccination, some children may experience mild symptoms of the diseases the vaccine protects against but this is uncommon in children who have already received a dose. The most common are fever and rash. You can find more information about ingredients and any side effects after vaccination with M-M-Rvaxpro at the Norwegian Medicines Agency: [www.legemiddelsok.no](http://www.legemiddelsok.no) (only in Norwegian).

### **Remember to tell the nurse**

Inform the nurse if the child has immunological disease or receiving medication that affect the immune system. You should also tell them if your child have had unusual reactions after previous vaccines or after received medication. If your child is getting allergy vaccination (hyposensitisation) or has received any other vaccine for the last 4 weeks, you should inform the nurse.

For more information go to <https://www.fhi.no/en/id/vaccines/childhood-immunisation-programme/>