

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 16 and 24?

This leaflet could prevent you from getting mumps!

- 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.
- Mumps can cause viral meningitis, a very unpleasant condition. Painful complications of mumps can include inflammation of the ovaries or testicles, and in rarer cases, the pancreas.
- If you are aged between 16 and 24, there's a good chance that you've only had one dose of the MMR (measles, mumps and rubella)* vaccine. You need two doses of MMR to be properly immunised.
- If you are in this age group, you may not be fully protected against mumps and there have been outbreaks of mumps amongst teenagers and young adults, especially at universities and schools.
- The only effective way to prevent mumps is to have two MMR vaccinations. If you are not sure that you've had MMR, having more doses won't do you any harm.
- As a precaution, women should avoid getting pregnant for one month after MMR vaccination.
- **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 children 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 group of people in their late teens and early twenties who may have received no or 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.