

Measles, Mumps, Rubella (MMR)

What is the MMR Vaccine?

The MMR vaccine is a combination vaccine that protects against three viral diseases: measles, mumps, and rubella (German measles). The vaccine contains a small amount of weakened or inactivated viruses that can stimulate the body's immune system to produce protective antibodies.

Measles is a highly contagious viral infection that can cause fever, cough, runny nose, rash, and in severe cases, complications such as pneumonia and brain swelling.

Mumps is a viral infection that can cause swelling of the salivary glands, fever, headache, muscle aches, and in severe cases, complications such as meningitis or inflammation of the testicles or ovaries.

Rubella (German measles) is a viral infection that can cause a mild fever, rash, and swollen glands, but can also lead to more serious complications in pregnant women, including birth defects or miscarriage.

What to Expect:

The MMR vaccine is administered through an injection in your upper arm. After receiving the vaccine, it's common to experience some mild side effects, such as:

- Soreness, redness, or swelling at the injection site
- Fever
- Rash
- Headache
- Nausea or vomiting



These side effects are usually mild and go away on their own within a few days. In rare cases, more serious side effects can occur, such as an allergic reaction or seizures. If you experience any unusual symptoms after receiving the vaccine, it's important to seek medical attention right away.

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What if I am unsure if I have received the vaccine or have lost my immunization records?

Serology testing, also known as antibody testing, is a type of diagnostic testing that measures the level of antibodies in a person's blood.

Antibodies are proteins that the body produces in response to an infection or vaccination. Serology testing can be used to determine whether someone has been infected with a particular virus or has developed immunity to a particular disease.

During a serology test, a sample of blood is collected from the person and analyzed in a laboratory. The test looks for specific antibodies in the blood that are associated with a particular infection or vaccine. If the test detects the antibodies, it indicates that the person has been infected with the virus or has developed immunity to the disease.

