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| OCCUPATIONAL HEALTH ADVICE FOR YOU |
| “Measles, mumps and rubella are highly infectious conditions that can have serious, and potentially fatal, complications”www.nhs.uk/conditions/vaccinations/ |

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| OCCUPATIONAL HEALTHFloor 9, Schwann Building |

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| MMR Vaccination  |
| Information for healthcare students |
| A close-up of a logo  Description automatically generated |
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| Why Have the MMR VaccineThe MMR vaccine is a safe and effective combined vaccine that protects against three separate illnesses (measles, mumps and rubella) in a single injection. The full course of MMR vaccination requires two doses.Signs and SymptomsSymptoms of measles include: fever, cold like symptoms, rash, sore eyes or conjunctivitis.Symptoms of Mumps include: fever, headache and swollen glands in the face.Symptoms of Rubella include: swollen glands, sore throat, temperature and a rash. |

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| Why is the MMR Vaccine Important to me?“Measles, mumps and rubella are highly infectious conditions that can have serious, and potentially fatal, complications.”www.nhs.uk/conditions/vaccinations/pages/mmr-vaccine.Measles is potentially very serious, with about 1 in 15 people developing serious complications. Measles can cause deafness, fits, brain damage/ swelling of the brain and in rare occurrences, death.Mumps can cause viral meningitis. Mump infections can also lead to painful inflammation of the ovaries or testicles, and in rare cases inflammation of the pancreas. Most cases of rubella are mild, however catching rubella during pregnancy can cause serious illness in unborn babies including deafness, blindness & even death.  |
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| Your Vaccination Schedule* First MMR vaccine
* Second MMR vaccine 1 month after first vaccine

The MMR vaccine is a single vaccine given in two doses. It is a live vaccine, this means It contains a weakened version of measles, mumps and rubella viruses. The viruses have been weakened enough to produce immunity without causing disease.The vaccines will be administered with approximately 1 month’s separation.References [www.nhs.uk/conditions/vaccinations/pages/mmr-vaccine](http://www.nhs.uk/conditions/vaccinations/pages/mmr-vaccine).[www.gov.uk/government/uploads/system/uploads/attachment\_data/file/543379/9867\_MMR\_A5leaflet.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/543379/9867_MMR_A5leaflet.pdf)  |
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