

MEASLES, MUMPS & RUBELLA (MMR)

Parents and guardians of children aged 1 to 5 years are encouraged to check that they are up to date with their MMR vaccines and encourage those that may have missed their appointments to come forward.

The MMR vaccine protects against three infections: measles, mumps, and rubella. One in 10 children under the age of 5 in England haven't had one or both of their MMR vaccines. This leaves these children unprotected and increases the risk of outbreaks occurring in schools and nurseries.

Anyone who hasn't had two doses of the MMR vaccine and has not had measles in the past can catch it. Starting nursery and school increases the risk of children being exposed to infectious diseases. It is particularly important to ensure children are up to date with all their routine vaccinations before they start school so that they can fully benefit from the protection they offer.

The MMR vaccine is the safest and most effective way for parents and guardians to protect their children against measles, mumps, and rubella.

Parents and guardians are being encouraged to ensure their children are vaccinated against MMR, and if they can't remember if their child is up to date to check his or her Red Book (personal child health record).

Parents or guardians of children who are not up to date with their two doses of MMR vaccine should contact their GP practice to book an appointment. It's never too late to catch up.

Protect your child with both MMR vaccines. Contact your GP practice to book their first or second dose.

Find out more at [nhs.uk/MMR](https://www.nhs.uk/MMR)