

# Measles, Mumps, and Rubella Are Serious Diseases... Make sure your child is protected!

**What are measles, mumps, and rubella?**

Measles, mumps, and rubella are serious diseases caused by viruses.

**How do you catch these diseases?**

All of these diseases are spread person-to-person through the air. They are very contagious.

Ask your child's healthcare provider if your child is up to date for all vaccines!

**Are they serious?**

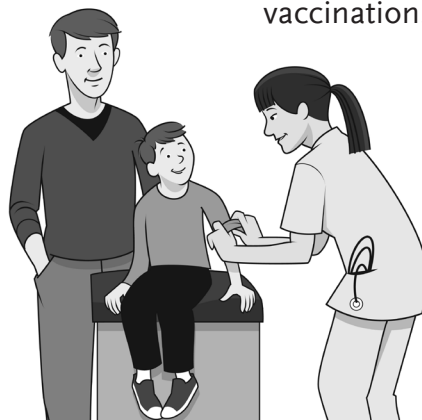
Yes! Measles can cause pneumonia, seizures, brain damage, and even death. Mumps can lead to deafness, brain or spinal cord infection, and painful swelling of the testicles. Rubella can cause miscarriage or serious birth defects if a pregnant woman gets infected.

**Is my child at risk?**

Yes. These viruses are very contagious, so when one person gets infected, it's easy for the disease to spread. These diseases are still common around the world. There have been many recent measles and mumps outbreaks in the U.S. due to infected people bringing the disease in from other countries.



**How can I protect my child from measles, mumps, and rubella?**



You can protect your child from these serious diseases with vaccination.

All children should get 2 doses of MMR (measles-mumps-rubella) vaccine starting at 1 year of age.

Some teens may also need MMR vaccine if they didn't get 2 doses when they were younger.

► For more information, visit [www.vaccineinformation.org](http://www.vaccineinformation.org)

For other vaccine handouts in this series, visit [www.immunize.org/vaccine-summaries](http://www.immunize.org/vaccine-summaries)



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