



PROTECTION FROM MEASLES, MUMPS, RUBELLA and VARICELLA (MMRV)

What is the MMRV Vaccine?

The MMRV vaccine protects against measles, mumps, rubella and varicella (chickenpox). The vaccine contains weakened forms of the measles, mumps, rubella and varicella-zoster viruses that do not cause disease.

What are Measles, Mumps Rubella and Varicella?

Measles, mumps, rubella and varicella are diseases caused by viruses. The viruses are easily spread through the air when an infected person coughs or sneezes. You can become infected when you breathe in air or touch a surface contaminated with the viruses. The viruses can be spread through contact with an infected person's saliva such as by sharing food, drinks or cigarettes, or by kissing. Varicella can also be spread by contact with fluid from the varicella blisters. For more information on these diseases speak to your family doctor or community/public health nurse.

Is the vaccine safe?

All vaccines recommended by the Public Health Agency of Canada and the Provincial Department of Health and Community Services such as this one are safe and effective. It is much safer to get the vaccine than to get measles, mumps, rubella or varicella.

What are the vaccine's common side effects?

While some people have no side effects after vaccination some possible reactions include:

- Soreness, redness and swelling at the injection site.
- A rash that looks like measles, rubella or chickenpox may occur about 1 to 2 weeks after the vaccine
- Mild fever 5-12 days after immunization.

Who should NOT get the vaccine?

- Anyone who has a severe allergic reaction to previous dose or any contents of the vaccine
- has an immune system weakened by disease or medical treatment
- had a blood transfusion or received other blood products within the past 12 months;
- has active untreated tuberculosis
- Is pregnant

There is no need to delay getting immunized because of a cold or other mild illness. However, if you have concerns speak with your health care provider.

Acetaminophen (e.g. Tylenol®) can be given for fever or soreness. ASA (e.g. Aspirin®) should not be given to anyone under 18 years of age due to the risk of Reye Syndrome.

For additional information and services contact the Regional Health Authority in your community