**Book your measles, mumps and rubella vaccines**

|  |  |
| --- | --- |
|  | **Measles, mumps and rubella** are infections that can spread easily between people. They can spread through coughs and sneezes. |
|  | More people in England are getting **measles**.  It can make you feel ill and give you a rash. |
|  | For some people measles, mumps and rubella can lead to serious health problems. It’s important you get protected. |
|  | You can have an injection called a vaccination to protect you from measles, mumps and rubella. It is called the **MMR** vaccine. |

**How to book your MMR vaccines**

|  |  |
| --- | --- |
| A blue and white circular sign  Description automatically generated | The information on your health record shows that you might not have had your MMR vaccines. |
| A person talking on the phone  Description automatically generated | Please contact your **GP surgery** or doctor to book an appointment for the MMR vaccine. |
| A blue square with a white number on it  Description automatically generated | You need **2** doses of the MMR vaccine for the best protection.  You will get them at 2 different appointments. |
| A red question mark on a white background  Description automatically generated | You can ask if you need any other vaccines.  If you do, you may be able to have these at the same appointment. |

**What happens at your appointment**

|  |  |
| --- | --- |
|  | You can ask your GP surgery to do things to make your appointment easier for you.  This is called a **reasonable adjustment**. |
|  | If you don’t like needles or are worried about having an injection, you can take someone with you for support. |
|  | At your appointment the doctor or a nurse will talk to you about the vaccine. They will make sure you are happy to have it. |
|  | The vaccine is an injection in your arm that will be given by the doctor or nurse. |

**What happens after your appointment**

|  |  |
| --- | --- |
|  | Some people might feel a bit different after the vaccine. This is called a **side effect**.  The person who gives you the vaccine will talk to you about side effects and what to do. |
|  | If you feel very unwell after your vaccination or if you are worried you can contact your doctor. |
| A blue square with a white number on it  Description automatically generated | If you need a second dose, the doctor or nurse will tell you to book another appointment. |

**More information**

|  |  |
| --- | --- |
|  | The vaccine is the best way to protect you from measles, mumps and rubella. |
|  | Lots and lots of people have the vaccine every year. |
|  | You can find more information about the vaccine online.  Go to [**www.nhs.uk/mmr**](http://www.nhs.uk/mmr) |

A person holding a white sign

Description automatically generated

A blue and white sign with a key

Description automatically generated

Easy read made by the Easy Info Team at Skills for People employing people with a learning disability.