



Booking your child's measles, mumps and rubella vaccination

This is a letter asking you to book your child's measles, mumps and rubella (MMR) vaccination.

Measles, mumps and rubella are infections that can spread easily when we breathe, speak, cough or sneeze.

More people in England are catching measles.

Measles can make your child feel unwell and give them a rash.

Some children with measles become very poorly and they need to go to hospital.

The measles, mumps and rubella (MMR) vaccine can help to protect your child from getting measles, mumps and rubella.

The vaccine is given to them as an injection into their arm by their doctor or nurse.

2 doses of the MMR vaccine are needed to provide full protection.

That means children have 2 injections, which are given at 2 different appointments.

How to book your child's MMR vaccine

Your child's health record shows they may not have had 2 doses of MMR vaccine.

Please contact your child's GP surgery or doctor to book an appointment for them to have their measles, mumps and rubella (MMR) vaccine.

When you are booking, you can ask if your child has had the vaccine before.

If they have already had 1 dose, they will only need 1 other dose of the measles, mumps and rubella (MMR) vaccine.

Children who were born on or after 1 January 2020 will be offered the MMRV vaccine.

This is like the measles, mumps and rubella (MMR) vaccine but it also protects against chickenpox.

You can also ask if your child needs any other vaccines and if they can have these at the same appointments.

What happens at the appointment

You can ask your GP surgery to do things to make your child's appointment easier for them.

This is called a reasonable adjustment.

You can take someone with you for support.

At the appointment the doctor or a nurse will talk to you about your child's vaccine.

They will make sure you are happy for them to have it.

Some people might feel a bit poorly after the vaccine.

This is called a side effect and if this happens it doesn't usually last very long

The person who gives your child the vaccine will talk to you about side effects and what to do.

If your child feels very unwell after the vaccination or if you are worried you can contact your child's GP surgery.

If your child needs a second dose, the doctor or nurse will tell you to book an appointment.

More information

Lots of people have the measles, mumps and rubella (MMR) or MMRV vaccines every year.

Vaccinations for your child are free - you do not need to pay for them.

You can find more information about the vaccine online. Go to www.nhs.uk/mmr