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

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| A group of people with their hands on their faces | **Measles, mumps and rubella** are infections that can spread easily between people. They can spread through coughs and sneezes. |
| A close-up of a person's chest | More people in England are getting **measles**.  It can make you feel ill and give you a rash. |
| A person with a beard coughing into his fist | For some people measles, mumps and rubella can lead to serious health problems. It’s important you get protected. |
| A person in a red shirt giving a thumbs up | 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**

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| A blue and white circular information signA person sitting at a desk using a computer | The information on your health record shows that you might not have had your MMR vaccines. |
| A person talking on the phone | Please contact your **GP surgery** or doctor to book an appointment for the MMR vaccine. |
| A glass doors with a sign on the front of a building  A screenshot of a computer | Some pharmacies can now give MMR vaccines.  You can check if pharmacies in your local area are giving MMR vaccines at [**www.england.nhs.uk/mmr-invites**](http://www.england.nhs.uk/mmr-invites)  You may need support to read it. |
| Close-up of a vial of medicineA blue square with a white number 2 on it | You need **2** doses of the MMR vaccine for the best protection.  You will get them at 2 different appointments. |
| A person sitting at a desk talking on a phoneA red question mark on a white background | 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**

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| A person in a wheelchair pointing at something | 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. |
| A nurse and a person lying down | 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. |
| A person injecting a person's arm | The vaccine is an injection in your arm that will be given by the doctor or nurse. |

**What happens after your appointment**

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| A person in a blue shirt | 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. |
| A person talking on the phone | 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 2 on itClose-up of a vial of medicine | If you need a second dose, the doctor or nurse will tell you to book another appointment. |

**More information**

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| A person giving a thumbs up | The vaccine is the best way to protect you from measles, mumps and rubella. |
| **A group of people looking through a magnifying glass** | Lots and lots of people have the vaccine every year. |
| **A computer with a blue screen** | You can find more information about the vaccine online.  Go to [**www.nhs.uk/mmr**](http://www.nhs.uk/mmr) |





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