

Measles Mumps and Rubella (MMR)

Vaccination Information for Healthcare Workers

What are Measles Mumps and Rubella?

These are highly infectious diseases which can easily be spread between unvaccinated people. The viruses are contained in droplets that come out of the nose and mouth when an infected person coughs or sneezes.

Why have the MMR?

The MMR offers important protection for health care workers who work with women of childbearing age as the virus' can be a serious risk to pregnant women. It can spread quickly amongst children. The vaccine is highly effective in preventing disease and we advise all health care workers to get vaccinated for the protection of themselves and their vulnerable patients.

The MMR vaccination is also offered during outbreaks of measles to health care workers who are not fully vaccinated.

What is the MMR vaccination?

- M-M-RVAXPRO® powder and solvent for suspension for injection in pre-filled syringe.
- Priorix® powder and solvent for suspension for injection in a pre-filled syringe.

Live, attenuated strains of measles, mumps, and rubella viruses.

The vaccine is injected intramuscularly (IM) in the deltoid area (upper arm). (The vaccine should be administered by deep subcutaneous injection in patients with thrombocytopenia or any anticoagulant disorder).

How do I arrange my vaccination consultation if I have not already been vaccinated?

Please call **01273242282** to book.



Excellent care at the heart of the community

You will be given an appointment for your first dose. A second dose may be administered at least four weeks after the first dose in accordance with official recommendation.

Is the MMR vaccine right for me?

It is important to tell the occupational health nurse if any of the exclusion criteria points below apply to you. If you do not understand any of these questions, ask us to explain.

- History of hypersensitivity to neomycin or gelatin.
- Pregnancy. Furthermore, pregnancy should be avoided for one month following vaccination.
- Active untreated tuberculosis.
- Blood disorders, lymphomas of any type, or other malignant neoplasms affecting the hematopoietic and lymphatic systems.
- Current immunosuppressive therapy including high doses of corticosteroids.
- Severe primary or acquired immunodeficiency conditions (MMR vaccine can be given to HIV-positive patients without or with moderate immunosuppression – See Green Book Chapter 23).
- Family history of congenital or hereditary immunodeficiency unless the immune competence of the potential vaccine recipient is demonstrated.
- This vaccine contains 14.5 mg of sorbitol as an excipient. Patients with rare hereditary problems of fructose intolerance should not take this vaccine.
- Idiopathic thrombocytopenic purpura (ITP) following MMR vaccination (antibody tests required prior to second dose).
- Received immunoglobulin or other blood products in the previous 3 months.
- Evidence of current neurological deterioration including poorly controlled epilepsy – immunisation should be deferred.
- Received varicella (or zoster), or yellow fever live vaccine in the previous 4 weeks.
- known hypersensitivity to the vaccine or any of its components

NB. Reasonable adjustments to your work role to avoid exposure risks may be discussed with you if you are not able to be vaccinated.

Are there any risks?

Take special care if you are allergic to eggs

Have a history of convulsions or fits

Had side effects after previous vaccination with MMR that involved easy bruising or bleeding

Are there any risks if I am pregnant or breastfeeding?

Individuals should not receive MMR vaccine if pregnant and avoid pregnancy within one month of receiving vaccine.

Are there any Side effects?

Some of the side effects (for a full list see SPC):

Very Common:

- Pain, redness or swelling at site of injection, fever

Common:

- Rash, bruising at site of injection.
- Burning stinging at injection site, joint pain, rash, unusual bleeding, swelling of testicles

Uncommon:

- Allergic reactions, seizures, inflammation of the brain

Confidentiality

Your appointment with the occupational health nurse is confidential, and we encourage you to ask any questions to ensure your consent for vaccination is fully informed and you are aware of the benefits to you in preventing infectious diseases.

We look forward to meeting you at your appointment

References:

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

<https://www.gov.uk/government/publications/rubella-the-green-book-chapter-28>

<https://www.gov.uk/government/publications/mumps-the-green-book-chapter-23>

<https://www.gov.uk/government/publications/measles-the-green-book-chapter-21>

[https://www.medicines.org.uk/emc/product/6307\(M-M-RVAXPRO\)](https://www.medicines.org.uk/emc/product/6307(M-M-RVAXPRO))