



Congratulations,  
you've just had  
your baby.

**Have you  
had your  
MMR?**

**Protect yourself and your  
baby from measles, mumps  
and rubella**



## Why do I need the MMR vaccination after pregnancy?

The MMR vaccine will help protect you from measles, mumps and rubella. All three diseases can be very serious. Measles and mumps can make adults very ill and measles can cause serious problems for women who are pregnant and people who have weakened immune systems (and can't fight infection well). Catching rubella during pregnancy can be very serious for your unborn baby, causing a condition called congenital rubella syndrome (CRS).

By getting immunised you will not only be protecting yourself but also reduce the risk of passing infections to others – including your new baby who cannot get protection from MMR vaccine until their first birthday. The vaccine will also protect you and your baby in any future pregnancies. Two doses of MMR help protect against measles, mumps and rubella.

## How can I get the MMR vaccine?

If you haven't been vaccinated before you need two doses of MMR vaccine. Ask your practice nurse to give you the first vaccine at the same time as your six-week post-natal check (or before) – a second dose should be given one month later. You should avoid becoming pregnant for one month after the vaccinations, so you need to have a reliable method of contraception.

**It's never too late to have your MMR vaccination.**

