

KIDS HEALTH Zone

The MMR Vaccine: Protection from Measles, Mumps and Rubella



Learn about the 3 diseases that children are protected against with 1 mighty vaccine!

Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 5 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 to 3 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.



Provide your children with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN



Children's
NEBRASKA

MEASLES

Measles is one of the most contagious diseases. It can be spread not only by direct contact from fluids from the nose and mouth of an infected person, but also through infectious aerosols (in the air) that can be infectious for TWO HOURS after an infected person leaves the room.

- While Vitamin A can sometimes help decrease the severity of measles, it does NOT prevent infection. **Too much Vitamin A can be dangerous**, causing liver damage, increased intracranial pressure, confusion, coma and other problems.
- **Vaccination is better than getting the infection.** Not only does it prevent death, brain infections, and measles pneumonia among other complications, vaccination prevents the damage to the immune system caused by measles infection.
- **Measles causes immune amnesia** by destroying immune memory to other harmful bacteria and viruses by killing immune memory cells.

Check out the [NEW DHHS MEASLES PAGE](#)

U.S. Measles Cases in 2025: 804

Vaccination status:

- **Unvaccinated** or Unknown: **97%**
- One MMR dose: 1%
- Two MMR doses: 2%

Hospitalizations:

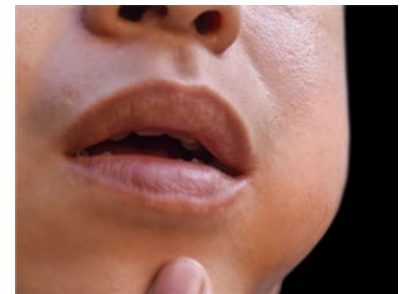
94 (11%)

Age:

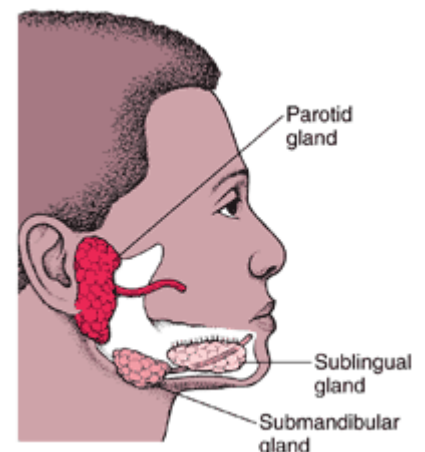
- Under 5 years: 266 (30%)
- 5-19 years: 338 (38%)
- 20+ years: 261 (30%)
- Age unknown: 19 (2%)

Source: [Measles Cases and Outbreaks](#) | [Measles \(Rubeola\)](#) | [CDC](#)

MUMPS



Mumps is best known for causing puffy cheeks and a tender, swollen jaw. This swelling of the parotid salivary glands under the ears on one or both sides is called parotitis.



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

University of Nebraska
Medical Center™

"We can do just like when we have tornadoes. Nobody dies if we are proactive and preventative, we can make an incredible difference." – Gov. Jim Pillen

KIDS

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MUMPS

More than just swollen glands

MUMPS CAN BE DANGEROUS

Before there was a vaccine, mumps was one of the most common causes of:

- **DEAFNESS** and

- **MENINGITIS** (infection of the brain and spinal cord covering in childhood.

Mumps can also lead to:

- **ENCEPHALITIS** (swelling of the brain) in some children.

SYMPTOMS OF MUMPS



MUMPS IS CONTAGIOUS

Here's how it's spread...



COUGHING & SNEEZING



TOUCHING OBJECTS OR SURFACES WITH UNWASHED HANDS

MUMPS, continued...

Some complications of mumps are known to occur more often in adults.

Complications can include:

- Inflammation of the testicles (orchitis); this may lead to a decrease in testicular size (testicular atrophy)
- Inflammation of the ovaries (oophoritis) and/or breast tissue (mastitis)
- Inflammation in the pancreas (pancreatitis)
- Inflammation of the brain (encephalitis); they can lead to death or permanent disability
- Inflammation of the tissue covering the brain and spinal cord (meningitis)
- Loss of hearing (temporary or permanent)

RUBELLA

Rubella is a contagious disease caused by a virus. Rubella is sometimes called "German measles" or "3 day measles" but it is caused by a different virus than measles.

Rubella is very dangerous during pregnancy and for developing babies. If you are pregnant and infected with rubella, you can pass rubella to your developing baby. When a baby is born with rubella, this is called congenital rubella syndrome (CRS). There is no cure for CRS.

Rubella can cause a miscarriage or serious birth defects in a developing baby, including blindness, deafness and heart defects. Infection with rubella virus causes the most severe damage during early in pregnancy, especially in the first 12 weeks (first trimester).

The MMR vaccine is safer than getting the diseases it prevents. No deaths from the vaccine have happened in healthy people, while measles has caused the death of 2 healthy children in Texas in early 2025 alone.

Because this is a "live" vaccine, it is not given to immuno-compromised or pregnant individuals.

RUBELLA

RUBELLA IS A DANGEROUS DISEASE THAT CAN CAUSE

MISCARRIAGES AND BIRTH DEFECTS.

IT IS RARE IN THE UNITED STATES BUT CAN BE BROUGHT TO THE U.S. BY TRAVELERS.

IF YOU ARE PLANNING TO GET PREGNANT, MAKE SURE YOU ARE UP-TO-DATE ON YOUR **MMR VACCINES.**

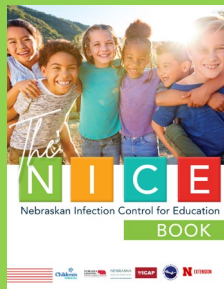


Protect your children by getting them vaccinated against rubella.
www.cdc.gov/vaccines/parents

QUICK LINKS

- [MMR infographic](#)
- [AAP Fact Checked – Vitamin A Does Not Prevent Measles](#)
- [AAP video – Vitamin A + Measles Myths & What Actually Prevents Measles](#)
- [CDC – Adults get mumps too infographic](#)
- [IDSA- Measles Vaccination: Know the Facts](#)
- [AAP Healthy Children- How to Protect Your Children During a Measles Outbreak](#)
- [AAP Healthy Children- Vaccine Safety: Examine the Evidence](#)
- [CDC infographic resource page \(includes English and Spanish posters, fact sheets\)](#)
- [Paul Has Measles](#), a free downloadable children's book available in 16 languages

NICE BOOK LINKS



- [Measles](#) pg 124
- [Mumps](#) pg 134
- [Rubella](#) pg 142