

MEASLES

It's more than just a rash

Get vaccinated with MMR

The Measles, Mumps and Rubella (MMR) vaccination is the safest and most effective way to protect against these diseases. You need **two doses** of MMR to be fully protected.

For anyone aged 12 months to 25 years who hasn't had one or both doses, catch-up vaccination is available.

For more information,
see www.nidirect.gov.uk/mmr

