

To pupils and parents/guardians

Vaccination against measles, mumps and rubella (MMR vaccine)

As part of the booster dose of the vaccine against the measles, mumps and rubella viruses. The first dose is usually administered at the age of 15 months. The effect of the vaccine lessens over time, so a booster dose is now offered to maintain good protection.

About the diseases

Measles is the most serious childhood disease. Measles causes high fever and a rash and is highly contagious. Over 99 % of all children who grew up before the vaccine became available caught measles. The disease often causes complications such as pneumonia, bronchitis and inflammation of the middle ear. Serious complications such as encephalitis, permanent brain damage and death can also occur. Measles is still a major cause of death in countries where people are not vaccinated.

Even though there are few cases of measles in Norway, unvaccinated people are vulnerable to infection and disease, particularly as a result of travel to countries with frequent outbreaks.

Mumps causes swelling of the parotid gland and fever. The most common complication is meningitis, which in most cases disappears without permanent damage to health. A more serious complication is permanent deafness. If males contract mumps after puberty, the virus can attack the testicles which may reduce fertility.

Rubella (German measles) is a mild illness that causes fever and a rash. However, if a pregnant woman who is not immune is infected with rubella, this may cause serious damage to the foetus. The risk of deformities is more than 80 % during the first trimester. The most common source of infection for pregnant women is contact with infected children. Therefore, it is important that all children should be vaccinated.

About the vaccine

The vaccine used is called Priorix and consists of live, weakened viruses. Temporary discomfort, redness and swelling at the injection site will occur after vaccination. One to two weeks after vaccination, some children may experience mild symptoms of the diseases, but this is unusual among those that have previously been vaccinated. The most common symptoms are fever and rash.

Before vaccination

Before vaccination, the public health nurse will ask if the child is in good health and whether s/he has experienced any reactions to previous vaccinations. Remember to tell the nurse if the child has recently taken medication or has allergies or any other health problems. It is not harmful to vaccinate a person who has already had one or more of the illnesses.

You can find more information in the brochure "Vaccination of children and adolescents" published by the Norwegian Institute of Public Health or on the Institute's web pages: www.fhi.no/vaksine

Vaccination is scheduled: Date: _____ Time: _____ Place: _____

Public health nurse: _____ Tel: _____

Detach here

I/we wish that my/our child: Should be vaccinated with MMR
 Should not be vaccinated with MMR

Pupil's name: _____ Date of birth: _____ Class: _____

Parent's signature: _____ Tel: _____