

# PREPARING FOR YOUR CHILD'S WELL BABY VISIT: **MMR VACCINE**



## BEFORE THE VISIT

### What you need to know about measles, mumps, and rubella

MMR vaccine protects against three diseases that can cause:

#### Measles:

- Airway blockage
- Heart and kidney damage
- Paralysis

**About 1 in 16 children with measles will get pneumonia – the most common cause of measles-related death in children.**

#### Mumps:

- Muscle stiffening or spasms
- Mouth and neck muscle tightening and trouble swallowing
- Seizures

**One in 7 children with mumps will develop viral meningitis.**

#### Rubella:

- Pneumonia
- Slowed or stopped breathing
- Convulsions

**80% of babies born to mothers who got rubella will have birth defects.**

## Fast facts about the MMR vaccine



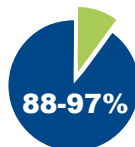
MMR Vaccine is a 2-dose vaccine



1st Dose: 12 - 15 mos



2nd Dose: 4 - 6 years



MMR Effectiveness for 2 doses:  
Measles 97%  
Mumps 88%  
Rubella 97%

**Other vaccines may be given at the same time as the MMR vaccine.**

Ask your health care provider what other vaccines your child will receive at the well baby visit so you can be prepared.

## DURING THE VISIT



**Keep it sweet.** Studies show something sweet can reduce pain. Ask your health care provider to give your baby a sweet solution of sucrose or glucose one to two minutes before the shot.



**Breast is best.** Breastfeeding calms and helps distract your baby. Plus the close contact is very soothing. So, if you can, consider breastfeeding your baby during vaccinations.



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm or leg right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Bring a Friend.** Bring your child's favorite toy, blanket or book to help them focus on something positive during the vaccination visit.



**Distract Your Baby.** Sing or read to you child to help them focus on you instead of the vaccination

**A little planning can make a big difference in helping your child have a stress-free vaccination visit.**



**Congratulations for protecting your child's health and future!**

We know making the best health decisions for your child can sometimes be overwhelming. We're here for you. If you need more information please visit [www.VoicesForVaccines.org](http://www.VoicesForVaccines.org).

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# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the MMR vaccine include:



**Soreness where the vaccine was given**



**Tiredness or drowsiness**



**Faint red rash**  
Not infectious



**Head cold, runny nose, cough or puffy eyes**



**Redness or swelling around the area where the vaccine was given**



**Fever**



**Swelling of salivary glands.**

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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