

## Useful information

# About measles, mumps, and rubella (German measles)



Folkhälsomyndigheten

Measles, mumps and rubella are three highly contagious and serious diseases. Today they are rare in Sweden, but they still exist throughout the world. Vaccination protects your child from these diseases.

**Measles** causes a high fever, cough and rash and can result in secondary diseases such as encephalitis (inflammation of the brain), otitis (inflammation of the ear) and pneumonia (inflammation of the lungs). There is no treatment for measles, and the disease sometimes leads to death.

**Mumps** is an infection that mainly affects the salivary glands, but it can also cause secondary diseases such as meningitis (inflammation of the spinal cord or membranes around the brain) and encephalitis. Boys can suffer from inflammation of the testicles. There is no treatment for mumps.

**Rubella** causes an infection that is often mild for children and adults. However, if someone who is pregnant is infected with rubella, there is a high risk of miscarriage or of the baby being born with serious birth defects. There is no treatment for rubella.

## Protection through vaccination

The most effective way to protect your child is through vaccination. The vaccine against measles, mumps and rubella is very well-proven and effective. All vaccines offered through the child and school healthcare services are voluntary and free of charge. Remember to review your family's vaccination protection before you travel abroad.

## Do you want more information?

You are always welcome to contact your children's health centre or school health service if you have any questions.

## THE VACCINATION PROCESS

### Before the vaccination

If your child has started school, it is a good idea to talk about the vaccination in advance. Maybe they might be wondering something and need to feel prepared before the time comes for their vaccination. Parents or guardians who need support can contact their child health nurse or school nurse.

### The vaccination

Depending on the child's age, the vaccine will be injected into their thigh or upper arm.

### After the vaccination

Most people feel nothing after vaccination, or perhaps they will only have a little soreness around the injection site. A few people may develop mild rashes and fevers after 7–12 days.

If you are worried about anything following the vaccination, contact your child health nurse, school nurse or healthcare provider.

## THE SWEDISH VACCINATION PROGRAMME

This diagram shows the vaccinations that are offered to all children in Sweden in order to prevent serious illnesses.

