



Important Facts about the MMR Vaccine

The MMR vaccine is safe and provides excellent protection against 3 very serious illnesses that can cause infertility, disability and death: Measles, Mumps and Rubella.

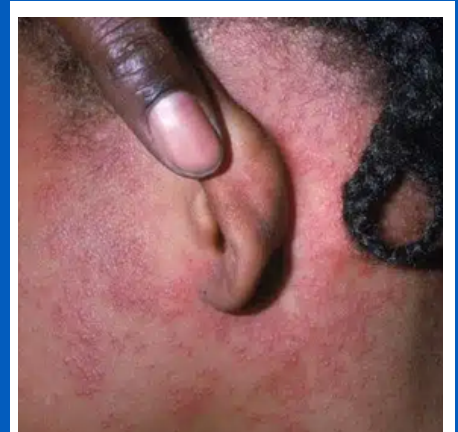
All three illnesses spread very easily and can cause serious complications. 1 in 5,000 people with measles is likely to die.

Measles, mumps and rubella had almost disappeared in England because most people had been vaccinated. Now, not enough people have had the MMR vaccine so these dangerous illnesses, especially measles, are becoming more common, again.

1. The MMR vaccine is safe, and very effective. It has protected millions of children and adults in more than 100 countries, including over 20 million people in the UK.
2. The MMR vaccine can be given at any age over 12 months. In England, it is given in two doses, usually the first dose is given when children are aged 12 months, and the second when they are 3 years and 4 months. This is because young children can become very unwell from measles.
3. It is never too late to have your MMR vaccinations and it is free. If you were not vaccinated as a child, didn't have both doses, or if you don't know your vaccination history, it is safe to have extra doses.
4. Measles, Mumps and Rubella spread very easily. If you plan to travel or move to another city, for example for university, it is very important you have the MMR vaccine.
5. It is important to have the MMR vaccine if you plan to start a family. Mumps can damage men's and women's fertility, and if a pregnant woman catches rubella or measles her unborn baby can be born with disabilities or brain damage. You cannot have the MMR vaccine when you are pregnant so check you have been vaccinated if you are thinking of having a baby.
6. There is no link between the MMR vaccine and autism, speech delay or other delays to brain development. The MMR vaccine has been researched in a large number of studies and no link has ever been found to autism. Individuals are born with autism and it is not caused by vaccines.
7. A version of the vaccine with no pork content is available - just ask.
8. Contact your GP if you are unsure whether you have had your life-saving MMR vaccination. They can check your vaccination record. There may also be a record in your child health record 'Red Book'.
9. Please note you cannot have the MMR vaccine if you are pregnant, severely immunosuppressed or have an allergic reaction to neomycin. Speak with your GP if you are concerned.



Measles rash



Rubella rash

You and your family can easily have the MMR vaccine at your GP practice. Call now to make an appointment. For more information visit www.nhs.uk/mmr



Arrimo muhiim ah oo ku saabsan tallaalka MMR

MMR waa tallaalka ammaan, wuxuuna bixiyaa difaac heer sare ah oo looga hor tego 3 cudur oo aad halis u ah, kuwaas oo keeni kara dhalmo la'aan, naafo iyo dhimasho: waa Jadeeco, Qaamo-qashiir iyo Rubella.

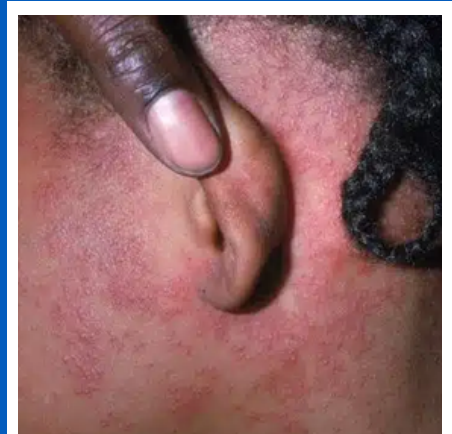
Dhammaan sadexdan cudur ayaa si fudud u faafa, waxayna sababi karaan dhibaatooyin halis ah. Tusaale ahaan: hadday 5 kune oo qof jadeeco qabaan, hal qof ayaa u dhiman kara xanuunkan.

Jadeecada, qaamo-qashiirta iyo rubella waa laga tirtiray England sababtoo ah dadka intooda badan waa la tallaalay. Balse hadda, maadaama ay dad badan tallaalka MMR iska dhaafeen, cudurradan halista ah, gaar ahaan jadeecada, ayaa mar kale sii badanaya.

1. Tallaalka MMR waa ammaan, oo waxtar badan leh. Wuxuu badbaadiyay malaayiin carruur iyo dadka waaweyn in ka badan 100 waddan, oo ay ka mid yihiin in ka badan 20 milyan oo qof oo reer UK ah.
2. Tallaalka MMR waxa la siin karaa da' kasta oo ka weyn 12 bilood. England waxa lagu bixiyaa laba qiyaasood, inta badan qiyaasta kowaad waxa la bixiyaa marka ay carruurta da'doodu tahay 12 bilood, ka labaadna marka ay jiraan 3 sano iyo 4 bilood. Taas waxaa sabab u ah carruurta yaryari aad ayey ugu xanuunsan karaan jadeecada.
3. Marna wakhti kaama dhicin in aad qaadato tallaalka MMR, waana lacag la'aan (free of charge). Haddii aan lagu tallaalin yaraantii, oo aad qaadatin labada qiyaasood, ama haddii aad aqoonin taariikhdaada tallaalka, waa ammaan inaad qaadato qiyaaso dheeraad ah.
4. Jadeecada, qaamo-qashiirta iyo rubella ayaa si fudud u fida. Haddii aad qorsheyneyso inaad u safarto ama u guurto magaalo kale (tusaale ahaan jaamacad), aad ayey muhiim u tahay inaad qaadato tallaalka MMR.
5. Waa muhiim inaad qaadato tallaalka MMR haddii aad qorsheyneyso inaad qoys dhisto. Qaamo-qashiirta (ama mumps) waxay dhaawici kartaa taranka ragga iyo dumarka. Sidoo kale, haddii haweenay uur leh (xaamilo ah) ay qaado jadeecada ama rubella, canugeeda (ilmaheeda) uurka ku jira wuxuu ku dhalan karaa naafo ama maskax-dhaawac. Ma qaadatin kartid tallaalka MMR haddaad uur leedahay, sidaas darteed iska hubi in lagu tallaalay haddii aad ku fikireyso inaad ilmo dhasho.
6. Ma jiro xiriir ka dhexeeya tallaalka MMR iyo cudurka autism (ootisam), mana sababo hadal la'aan ama dib-u-dhacyo kale oo ku yimaada korriinka maskaxda ilmaha. Tallaalka MMR waxa lagu baadhay tiro badan oo cilmi-baadhis ah, waligeedna lama helin xidhiidh ootisamka iyo MMR u dhexeeya. Ootisamku maaha mid uu keenay tallaalka MMR, balse dadka qaar ayaa u dhasha cudurkan caruurta ku dhaca.
7. Nooc ka mid ah tallaalka MMR oo aan lahayn wax hilib doofaar ah ayaa diyaar ah – Waad heli kartaa haddaad rabto.
8. La xidhiidh GP-ga haddii aanad hubin in aad qaadatay tallaalka MMR ee muhiimka ah iyo in kale. Waa la hubin karaan diiwaankaaga tallaalka. Waxa kale oo jiri kara diiwaan ku jira kaydka caafimaadka ilmahaaga ee 'Buugga Cas' loo yaqaan.
9. Fadlan ogow ma qaadatin kartid tallaalka MMR haddii aad uur leedahay (xaamila tahay), ama difaacaagu liito, ama daawada neomycin aad u leedahay dareen-celin xasaasiyad ah (allergy to neomycin). La xiriir GP-ga haddii aad walwal qabto.



Jadeecada



Rubella

GP-gu si fudud ayuu idiin siin karaa tallaalka MMR adiga iyo qoyskaaga. Horey u la xiriir si lagu balamiyo. War-bixin dheeraad ah waxaad ka heli kartaa www.nhs.uk/mmr