

Important Information about Measles, Mumps, Rubella and Varicella Diseases and Measles, Mumps, Rubella and Varicella (MMRV) Vaccine

PLEASE READ THIS CAREFULLY

What is MEASLES?

- It is a severe, highly contagious illness caused by a virus and can affect both children and adults.
- It causes a rash, high fever, cough, runny nose and watery eyes lasting 1 to 2 weeks.
- It may lead to ear infections and pneumonia.
- It may result in encephalitis (inflammation of the brain) which occurs in about one case in 1,000 people and may result in convulsions or deafness.
- It can be a life-threatening disease.
- It is preventable by immunization.

What is MUMPS?

- It is a severe, highly contagious illness caused by a virus and can affect both children and adults.
- It causes fever, headache and inflammation of the salivary glands. This causes the cheeks to swell.
- It may cause a mild inflammation of the covering of the brain and spinal cord (meningitis).
- It may also cause encephalitis (inflammation of the brain).
- It can cause deafness.
- It may cause painful inflammation and swelling of the testicles or abdominal pain.
- It is preventable by immunization.

What is RUBELLA?

- It is a severe, highly contagious illness caused by a virus and can affect both children and adults.
- It is also called German measles.
- It can cause encephalitis (inflammation of the brain).
- It causes a slight fever, rash and swelling of nodes in the neck which lasts about 3 days.

- It may result in swelling and aching of the joints which lasts for a week or two.
- It may lead to a temporary bleeding disorder (purpura).
- It can cause deformities of the unborn child, if rubella occurs during pregnancy.
- It is preventable by immunization.

What is VARICELLA (Chickenpox)?

- Chickenpox is a common childhood illness caused by the varicella virus.
- It usually causes a mild fever followed by an itchy rash.
- On rare occasions, it can lead to severe illness and hospitalization; it can be life-threatening.
- It can be more severe in adolescents and adults.
- It can cause serious illness during pregnancy both for mother and baby.
- Chickenpox is spread easily from person to person, through the air, saliva or liquid from the blisters.
- It is more common during late winter and early spring.
- It is preventable through immunization.

What is MMRV Vaccine?

- MMRV vaccine contains a tiny amount of live virus that is specially treated so that it won't cause disease in healthy people.
- Immunization with MMRV vaccine is the best way to prevent measles, mumps, rubella and varicella.
- MMRV vaccine is four vaccines combined into a single immunization.
- The vaccine is given by injection.
- Ninety percent or more of the people who receive the vaccine will have full protection, probably for life.

- The remaining 10% who are not fully protected after receiving the vaccine may get the disease if exposure occurs, but the illness will be milder. The booster given between 18 months and 6 years of age will provide protection for most of these children.

Who should receive the MMRV Vaccine?

- The Nova Scotia schedule recommends this vaccine be given at age 12 months and again between 18 months and 6 years of age.

CAUTION

SOME PEOPLE SHOULD CHECK WITH A HEALTH CARE PROVIDER BEFORE THEY RECEIVE THIS VACCINE

- Anyone who has received any blood products within the preceding 3–11 months.
- People whose immune systems are weak because of disease or certain medications.

Who Should NOT Receive MMRV Vaccine

- Babies less than one year old.
- This vaccine is not recommended for pregnant women. If a woman wishes to get this vaccine, she should ideally wait at least 1 month before getting pregnant.
- People who have had a serious allergic reaction to a previous dose of MMR or varicella vaccine.
- People who are sick or have a fever (temperature of 39.5°C/103°F or greater).

Please read other side...

What to Expect Following Immunization with **Measles, Mumps, Rubella and Varicella (MMRV) Vaccine**

INFORMATION FOR PARENTS

Your child has received the MMRV vaccine. This vaccine is important in protecting your baby or child from measles, mumps, rubella and varicella.

People should stay in the clinic for at least 15 minutes after receiving any type of immunization to monitor possible reaction. As with any vaccine there is a slight possibility that a more serious reaction could occur.

Possible Side Effects from the Vaccine

- Redness, swelling and pain at the injection site.
- A rash, fever, sore throat and headache that may occur about 5–12 days after the vaccination, which may last 1–2 days.
- Rarely, pain and/or swelling of the testicle(s) may occur.
- Some may get a mild fever and a few chickenpox-like spots 1 to 2 weeks after vaccination. (The rash should be covered if your child may be in contact with someone who has a weak immune system.)

Fever Management

As fever may occur, make sure you have acetaminophen or ibuprofen at home. Follow the instructions that come with the product. These medications should not be taken if you have certain medical conditions. Talk to your health care provider about your medical history before using either of these medications.

Call your health care provider if:

- The fever lasts longer than 24 hours.
- Your child has a temperature of 39.5°C (103°F) or greater.
- The fever does not come down after acetaminophen or ibuprofen is given.
- Your child has convulsions.
- Your child appears ill with other symptoms.

Questions:

If you have any questions regarding measles, mumps, rubella or varicella or the MMRV vaccine, please call your local Public Health Services office, or your health care provider.

For more information on immunization, please visit the websites of

- Immunize Canada at immunize.ca/en/default.aspx
- the Public Health Agency of Canada at phac-aspc.gc.ca
- the Canadian Paediatric Society at cps.ca
- 811 at <https://811.novascotia.ca/>