

# Measles, Mumps, Rubella

Measles, mumps, and rubella are viral diseases that can cause serious illness. All of these diseases are spread through coughing and sneezing and being in close contact with an infected person.

**IMPORTANT:** If you or your child has any of the symptoms of measles, mumps, or rubella or think you may have been exposed to someone with these diseases, **AVOID PUBLIC PLACES**, and **CALL YOUR HEALTHCARE PROVIDER**. Do not go directly to a healthcare provider's office or emergency room without calling first to let them know you may have one of these diseases.

## Measles

### Symptoms

- fever
- cough
- runny nose
- red, watery eyes
- rash

### Complications

- ear and lung infections
- diarrhea
- swelling of the brain and spinal cord
- death



## Mumps

### Symptoms

- fever
- headache
- tiredness & muscle aches
- loss of appetite
- painful, swollen salivary glands on one or both sides of the face

### Complications

- inflammation of the testicles or ovaries
- swelling of the brain and spinal cord
- deafness



## Rubella

### Symptoms

- fever
- rash
- sore throat
- headache
- eye irritation

### Complications

- arthritis
- miscarriage
- serious birth defects in babies born to women who had rubella while pregnant



Measles, mumps and rubella (MMR) vaccine can protect children and adults from all three of these diseases. Children should get two doses of the MMR vaccine for best protection.

**NOTE:** Students or school employees, who are unvaccinated or exempted from vaccination in Utah, may be excluded from school or childcare during an outbreak of any of these diseases for a period of time determined by public health officials.

For more information about MMR vaccination, call your healthcare provider, pharmacy, local health department, Immunization Hotline at 1-800-275-0659 or visit [www.immunize-utah.org](http://www.immunize-utah.org).