

# 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 1 in 1,000 people and may cause seizures 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 (more commonly in adults).
- It can be more severe in adolescents and adults.
- It can cause serious illness during pregnancy both for the pregnant parent and baby.
- Chickenpox is highly contagious, and spreads easily from person to person through direct contact, or when someone breathes the same air as an infected person.
- It is preventable through immunization.

### What is MMRV vaccine?

- MMRV vaccine is 1 vaccine which protects against 4 illnesses.
- 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.
- The vaccine is given by injection.
- Ninety percent or more of the people who receive the vaccine will have full protection for life.

### Who should receive the MMRV vaccine?

- The Nova Scotia Routine Immunization Schedules for Children, Youth & Adults recommends 2 doses of this vaccine be given: one at age 12 months, and one between 18 months of age and the time the child starts school.

## CAUTION

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

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

### Who should NOT receive MMRV vaccine?

- Babies less than 12 months of age.
- This vaccine is not recommended for people over the age of 12. If a person over the age of 12 wants to get vaccinated against Measles, Mumps, Rubella, and Varicella, they should receive 2 doses of MMR vaccine, and 2 doses of Varicella vaccine.
- 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 38.5°C/101.3°F or greater).

*Please read other side...*

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

## INFORMATION FOR PARENTS

This vaccine is important in protecting your 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.**

### What are the possible side effects of the MMRV vaccine?

- Redness, swelling or soreness at the injection site.
- A rash, fever, sore throat and headache may occur about 7–21 days after the vaccination.
- 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.)

***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 your child has certain medical conditions. Talk to your health care provider about your child's 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 38.5°C (101.3°F) or greater.
- The fever does not come down after acetaminophen or ibuprofen is taken.
- Your child has a seizure.
- Your child appears ill with other symptoms.

### Questions?

If you have any questions regarding Measles, Mumps, Rubella, Varicella or the MMRV vaccine, please call your local Public Health office (see list of offices here: [www.nshealth.ca/public-health-offices](http://www.nshealth.ca/public-health-offices)), or your health care provider.

For more information on immunization, please visit the websites of

- Nova Scotia Health, Public Health at <https://www.nshealth.ca/public-health/immunizations>
- Immunize Canada at [immunize.ca/en/default.aspx](http://immunize.ca/en/default.aspx)
- the Public Health Agency of Canada at [phac-aspc.gc.ca](http://phac-aspc.gc.ca)
- the Canadian Paediatric Society at [cps.ca](http://cps.ca)
- 811 at <https://811.novascotia.ca/>