

For pupils and parents/guardians

Information on vaccination against measles, mumps and rubella (MMR vaccine)

The Norwegian Childhood Immunisation Programme offers pupils in 6th grade (11-12 years of age) a booster dose of the vaccine against measles, mumps and rubella (MMR vaccine). The first dose is normally given at 15 months of age. A booster dose is now being offered to maintain this protection.

About the diseases

Measles is the most serious and most infectious of the childhood diseases. The disease starts with cold-like symptoms and a high fever, followed by a rash. Measles is often associated with complications such as pneumonia, bronchitis and middle ear infection. Serious effects such as inflammation of the brain (encephalitis), permanent brain injury and death can occur among unvaccinated people.

Mumps is associated with a fever and swelling in the salivary glands in the neck. The most common complication is meningitis. Most people recover from mumps without permanent injury. A more serious complication is permanent loss of hearing. If boys get mumps after puberty, the virus can attack the testicles and cause infertility.

Rubella is a mild disease with a fever and rash. If a pregnant woman who is not immune is infected with rubella, the disease can cause serious harm to the unborn baby. The risk of malformations is more than 80 % if the disease occurs in the first part of the pregnancy. Vaccination of children prevents transmission to pregnant women.

About the vaccine

The vaccine used is called M-M-Rvaxpro, and consists of live, weakened virus. After the vaccination, there is temporary tenderness, redness and swelling at the site of injection. One to two weeks after vaccination, some children may experience mild symptoms of the diseases the vaccine protects against, but this is uncommon in children who have already received a dose. The most common symptoms are fever and rash. You can find more information about ingredients and any side effects after vaccination with M-M-Rvaxpro at the Norwegian Medical Products Agency: [Legemiddelsøk](#) – DMP (only in Norwegian).

Before vaccination – remember to inform the school nurse

Please inform the nurse if your child has an immunological disease or is receiving medication that affects the immune system. You should also tell them if your child has ever had a severe allergic reaction, regardless of the cause. If your child is getting allergy vaccinations (hyposensitisation) or has received any other vaccine during the last 4 weeks, you should inform the nurse. More information is available on our website: [Vaccine against measles, mumps and rubella \(MMR vaccine\)](#)

For vaccines included in the Childhood Immunisation Programme, consent from one parents or legal guardians is sufficient (Lov om pasient- og brukerrettigheter §4-4, only in Norwegian).

Read more about the [Childhood Immunisation Programme](#).