

About your vaccination against

# measles, mumps, and rubella (German measles)



Folkhälsomyndigheten

Measles, mumps and rubella are three diseases that can make you seriously ill. Vaccines provide good protection against these diseases.

A person who has **measles** develops a high fever, a cough and a rash on the body, and they might become very ill.

**Mumps** causes the cheeks to swell. You can become very ill.

**Rubella** causes a fever and a rash. If a person catches mumps during pregnancy, there is a risk that their baby will be born with serious problems.

All three diseases spread easily between people, meaning others can also become ill.

## If many people are vaccinated, fewer people will become ill

If you are vaccinated against measles, mumps and rubella, you are protected against becoming ill and infecting others. If many people are vaccinated and no one becomes infected anymore, we can make these diseases disappear completely.

The vaccine against measles, mumps and rubella is given twice: once at the child health centre and once at school.

All vaccines that you receive through the child and school healthcare services are voluntary and free of charge.

## Do you want more information?

You can always talk to your school nurse if you have any questions. You can also learn more at:

- [1177.se](http://1177.se)
- [Folkhalsomyndigheten.se](http://Folkhalsomyndigheten.se)

## THE VACCINATION PROCESS

### Before the vaccination

If you have questions before being vaccinated, you can talk to an adult in your family or the school nurse. If you want, you can bring an adult along with you to your vaccination appointment.

### The vaccination

The school nurse will inject the vaccine into your upper arm.

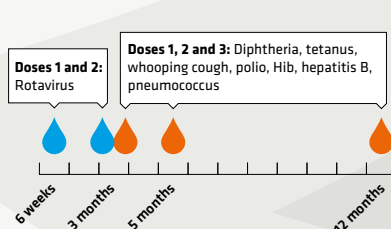
### After the vaccination

Most people feel nothing after their vaccination, or perhaps they will have a little soreness around the injection site. Some people may develop a fever and their arm muscles might ache. These symptoms are completely harmless and will pass in a few days. If you are worried about anything following your vaccination, you or your parents or guardians can contact your school nurse or healthcare provider.

## SWEDEN'S VACCINATION PROGRAMME

Here you will see the vaccinations offered to all children in Sweden in order to prevent serious diseases.

### CHILD HEALTH CENTRE



### SCHOOL

