

Calling all parents – Protect your child with the MMR Vaccine

Bromley doctors are calling on parents and carers to ensure their children are up to date with their free measles, mumps, and rubella (MMR) vaccine, and all other routine childhood immunisations. These vaccinations are crucial in protecting children against preventable diseases. If you haven't had the vaccines, you are more likely to catch these diseases.



Dr Nada Lemic, Director of Public Health for Bromley said, "MMR vaccines protect our children against serious

and potentially deadly illnesses and stop outbreaks in the community. Due to the COVID-19 pandemic we know that some children have missed their vaccine appointments, but it is never too late to catch up and get protected.

"We need to be at 95% to avoid any possible outbreaks of these dangerous diseases and in Bromley we are below that number, so the risk is real".

Not sure if your child is up to date with their vaccinations? Check your Red Book or talk to your GP practice.

You need two doses of the MMR vaccine. In Bromley these are given at 1 year and at 18 months old.

If you have missed one or both, you can still be vaccinated.

The MMR vaccine is safe, quick, and free as part of the NHS routine immunisation schedule. In the UK, millions of MMR doses have been given since it was introduced in 1988.

Before vaccines can be used, they are thoroughly tested for safety and approved by the UK's independent regulator.

At the end of 2022, 92% of Bromley children had their first MMR and 87% had their second. We need to be at 95% to avoid outbreaks of these dangerous diseases.

Measles, Mumps and Rubella are all viruses. They are spread to those not vaccinated by being close to others who are infected. Measles in particular is very infectious.



Measles	Mumps	Rubella
Measles is very infectious. Nearly everyone who catches measles will have a high fever, a rash and generally be unwell. Children often have to spend about five days in bed and could be off school for ten days. Complications from measles affects around one in every 15 children and include chest infections, fits, infection of the brain and brain damage. Measles can kill.	Mumps can lead to fever, headache, and painful, swollen glands in the face, neck, and jaw. It can result in permanent deafness, viral meningitis (infection of the lining of the brain) and encephalitis. Mumps lasts about seven to ten days. Before the MMR vaccine was introduced, mumps was the most common cause of viral meningitis in children under 15.	Rubella (German measles) in children is usually mild and can go unnoticed. It causes a short-lived rash, swollen glands and a sore throat. Rubella is very serious for unborn babies. It can seriously damage their sight, hearing, heart, and brain. In the first three months of pregnancy it causes damage to the unborn baby in up to nine out of ten cases. In many of the cases, pregnant women caught rubella from their own, or their friends', children.

To find out more about the MMR vaccine, please visit www.selondonics.org/childhoodvaccinations for more information.