



Measles, Mumps, Rubella, and Varicella (MMRV)

What is MMRV Vaccine?

The MMRV vaccine is a safe and effective way to keep your child from getting very sick from the real disease. It is approved by Health Canada. The MMRV vaccine (shot) is made with a tiny amount of weakened germs that do not cause disease. Vaccines help the immune system learn how to protect itself against real diseases.

Are these diseases serious?

Measles (rubeola), also known as “red measles”, is a virus that causes blotchy red rash, fever, cough, runny nose, and red, watery eyes. In some cases measles can cause swelling of the brain leading to seizures, hearing loss, or even death.

Mumps is a virus that causes painful swelling of the cheeks and neck, fever, dry mouth, headache, earache, fatigue, sore muscles, loss of appetite, and trouble talking, chewing, or swallowing. Mumps can also cause deafness, meningitis, and infections of the testicles or ovaries.

Rubella, also known as “German measles”, is a virus that causes rash and low grade fever, swelling of the lymph nodes, and achy joints and muscles.

Rubella infection in pregnant women can lead to miscarriage and malformation of the unborn baby.

Varicella, also called chickenpox, is a virus that can

The best way to protect your child against measles, mumps, rubella, and varicella is to get a MMRV vaccine. All children between the ages of 12 months to 12 years should get this vaccine. This can also be given separately as MMR and Var vaccines.

cause an itchy rash that looks like small water blisters.

Varicella can be serious and even life threatening, especially for newborn babies and adults who have weakened immune systems.

- Complications from varicella infection include:
- Pneumonia (lung infection),
- Encephalitis (swelling of the brain),
- Bacterial infections of the skin.

Once you have the varicella virus it will stay with you forever. In some people, the virus can become active again and cause a painful blistered rash known as “shingles”.

How are these diseases spread?

These viruses spread easily through the air when an infected person coughs or sneezes. You become infected when you breathe in air or touch a surface contaminated with the virus. These viruses can also be spread through contact with an infected person’s saliva,



Why should you get the MMRV vaccine?

Immunization is the best way to protect against measles, mumps, rubella, and varicella.

When you are immunized you also help protect others, as someone who is immunized is less likely to spread infection.

When pregnant women and those around her are immunized the fetus and newborn baby are better protected from infection.

such as: kissing, or sharing food, drinks, cigarettes or toys.

Varicella can also be spread through contact with chickenpox or shingles blisters.

A pregnant woman with varicella can pass it on to her baby before birth or on to her newborn baby.

What are possible reactions to the MMRV vaccine?

Vaccines, like any medicine, can have side effects. Most people who get the MMRV vaccine do not have any reactions.

Possible signs of reactions to the vaccine include:

- Soreness,
- Redness, and
- Swelling where the vaccine was given.

7-12 days after getting the vaccine some people may have:

- Fever,
- Rash that looks like measles or varicella,
- Swelling of the glands in cheek and neck, and
- Temporary joint pain may also occur.

Rare signs include:

- Bleeding problems,
- Inflammation of the brain, and
- High fever with seizures.

Who should NOT get the MMRV vaccine?

Speak to your health care provider.

Acetaminophen (Tylenol® and Tempra®) can be given for fever or soreness.

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is a rare possibility of a severe allergic reaction. This can include: hives, difficulty breathing, or swelling of the throat, tongue or lips.

If this happens after you leave the clinic, call or go to the nearest Emergency Department or your local health centre for immediate treatment.

Report any serious or unexpected side-effects to your public health nurse.

Who should get the MMRV vaccine?

MMRV is given as a series of 2 shots according to the following schedule:

SCHEDULE FOR CHILDREN (17 or under)						
Vaccine	Age					
	Birth	4 mos.	1 year	18 mos.	3 years	4-17 years
MMRV*			✓		✓	

* MMRV vaccine can only be given to those 12 months to 12 years of age.

To find out more about the MMRV vaccine contact your local health centre to speak to your public health nurse or visit the following links:

- NWT Immunization Schedule:
<http://www.hss.gov.nt.ca>
- Immunize Canada:
<https://immunize.ca>
- To keep track of your family's immunizations on your smart phone or tablet and to receive vaccine schedule reminders please download the CANImmunize App at:
<https://www.canimmunize.ca>

Your local health care centre is located at the address below.

ASA (Aspirin®) should **NEVER** be given to children because it can cause a severe liver and brain disease called Reye's Syndrome.

Place Health Centre
contact information
here.