

Measles, Mumps & Rubella (MMR)

Thinking about a baby?

Think about vaccination before and after you are pregnant.

Measles and rubella (German measles) are two common diseases that a woman can catch whilst pregnant which can cause health problems for you and your unborn baby.

Catching measles whilst pregnant can result in a more severe disease for the parent as well as miscarriage and pre-term birth (giving birth early).

Contracting Rubella during pregnancy can be very serious for your baby causing congenital rubella syndrome (CRS). CRS can lead to deafness, blindness, cataracts (eye problems) or heart problems. Unfortunately, it can also result in the death of the baby.

Two doses of measles, mumps and rubella (MMR) vaccine offer lifelong protection and this protects your unborn baby too.

MMR vaccine is a live (weakened) vaccine and has no known risks but because we advise a cautious approach it is **not** given during pregnancy.

- You can protect yourself and your baby by being vaccinated **before** becoming pregnant.
- If you are currently pregnant you can have the MMR vaccination at any time after you have given birth. An ideal time is when you bring your baby for their first vaccinations at 2 months.
- It is quite safe to be vaccinated if you are breastfeeding.
- The antibodies you make following MMR vaccination will pass to your baby through the breast milk and will give them protection before they are old enough for their own vaccinations. **This will mean that you are fully protected for life and your next baby is protected during another pregnancy.**
- If you are thinking about becoming pregnant, **check your MMR status with your childhood red book** or GP.
- **Two doses of MMR are needed for full protection** so make an appointment with NHS Grampian vaccination service if you haven't had them both.
- To discuss your appointment contact us on **01224 555 333**
or email **gram.vaccineenquiries@nhs.scot**

Vaccinations and pregnancy guide

Timing	Vaccination	Protection	Notes
Before you become pregnant.	Measles, Mumps & Rubella (MMR) (2 doses)	Protects against harm to the baby whilst pregnant.	Lifelong protection. May have had this vaccination as an under 5.
Any time in pregnancy - you don't have to wait.	COVID-19 Autumn/Winter season.	Protects parent against severe COVID-19 infection.	Vaccination is offered each year when pregnant.
Any time in pregnancy - you don't have to wait.	Flu Autumn/Winter season.	Protects parent against severe Flu infection.	Vaccination is offered each year when pregnant.
From 16 weeks pregnant (Ideal time is between 16-32 weeks).	Pertussis (Whooping cough).	Protects parent. Protects baby during the first months of life.	This vaccination will be offered in every pregnancy to protect each baby.
At 28 weeks pregnant and later.	RSV (Respiratory syncytial virus)	Protects parent. Protects baby during the first months of life	This vaccination will be offered in every pregnancy to protect each baby.
After you've had your baby.	Measles, Mumps & Rubella (MMR) (2 doses)	Protects against harm to the baby whilst pregnant.	Lifelong protection. May have had this vaccination as an under 5.

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