
Who is most likely to have missed their MMR jab?

Many young people aged 15-30 have missed out on measles vaccination.

Why aren't there any records?

Records may have been lost when clinics changed from paper to electronic records. We cannot be sure you are protected from measles. If you are immunized today it will be recorded electronically to make sure we know if you have been.

Where can I find my records if there are any?

The most reliable record is your childhood Plunket book if you still have it. Otherwise you can check if your childhood GP still has a paper record.

Is there a risk in getting it again if I've already had it?

There is no harm in receiving a vaccine if you have already been immunized. If there is any uncertainty about your measles immunization history, it is best to get a booster vaccine.

Do I need to wait to get MMR after getting my Covid booster?

No, the Immunisation Advisory Committee advised in September 2021 that it is safe to have Covid at the same time as almost all vaccines except the shingles vaccines, Zostavax, for which a seven day gap is recommended.

How many doses do I need?

One dose of MMR will offer around 90- 95% people protection for the rest of your life. The normal course is two doses which provides 99% of people protection.

Are there any common side effects from the vaccine?

Sore arm, mild fever, rash 6-12 days after the vaccine, temporary swelling of lymph nodes and joint pain

Why is it important to get MMR?

Measles is one of the most infectious diseases seen in humans. It is far more contagious than Covid 19. It generally comes in from an "imported" case (someone arriving from another country with measles). If too many people in one community are unimmunized, it will spread very quickly.

Pneumonia is a common serious complication from measles. Measles has a high death rate (1 in 1000) and people that get measles can often suffer lifelong health conditions as a result such as brain damage.

It spread easily through droplets such as sneezing and coughing. It can also remain alive on surfaces for 2 hours after the infectious person has touched a door handle for example.

The risk of the vaccine causing harm is very rare, however the risk of harm from the disease is high.

Why am I only hearing about this now?

NZ had an outbreak in 2019/2020 with over 2000 cases. Many cases were in the teen/young adult population.

Young babies who are too young to be eligible were also adversely affected.

People who should seek further advice from their Doctor before having an MMR vaccine are as follows:

Anyone who has received human immunoglobulin or a blood transfusion within the previous 11 months.

Anyone who developed thrombocytopenia (ITP) after a previous dose of measles containing vaccine.

Anyone who is unsure if they have a weakness of their immune system or is taking medication to suppress their immune system.

People who are HIV-positive.

Can people with an egg allergy have the MMR vaccine?

Yes. Two studies of over 1200 children with severe egg allergy showed that these children safely received the MMR vaccine. Those with a severe allergic reaction (anaphylaxis) to egg can be vaccinated in general practice following the usual processes for safe immunisation.

Is there anyone who shouldn't have the MMR vaccine?

Anyone who has experienced a severe allergic reaction (anaphylaxis) to a previous dose of any measles containing vaccine or any of the vaccine components.

Anyone who is acutely unwell (high fever). The presence of a minor infection is not a reason to delay immunisation.

Anyone with a diagnosed weakness of their immune system.

Anyone who has received another live injected vaccine, including varicella (chickenpox) or BCG vaccines, within the previous month.

Women who are currently pregnant (women should delay pregnancy for one month after having the vaccine).

MMR and Other Vaccines

Most other vaccines are inactivated, therefore can be given alongside MMR with no down-time or spacing required. There is no spacing required for common vaccines such as Influenza, HPV, Boostrix (Tetanus and Whooping cough).

If the person has received the more unusual other live weakened vaccines such as Zoster (Shingles) Varicella (chickenpox) or TB vaccine, they will need to wait one month before having a MMR vaccine.