

**Health Care Education
Vaccines (Immunizations) for children**



Hidaya Foundation

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And when I am sick, then He heals me. - - - Al Quran – Ash-Shuraa, Verse 26:80

*The Prophet SAWS said: “Allah SWT has not created any disease without also creating a cure for it...”
(Agreed upon)*

MMR Vaccine

What is MMR?

M = Measles

M = Mumps

R = Rubella(German Measles)

The MMR is a combination of 3 vaccines in one. Mumps has a serious complication of damaging the testes of males and this may cause sterility in later married life. Rubella effects a female in the similar manner as the male. The developing fetus may get what is known as Congenital Rubella Syndrome (CRS) which may damage the brain and lead to mental retardation, convulsions (fits), deafness and blindness.

What are the signs and symptoms of Rubella?

Rubella infection may begin with 1 or 2 days of mild fever (99–100° Fahrenheit, or 37.2–37.8° Celsius) and swollen, tender lymph nodes, usually in the back of the neck or behind the ears. A rash then appears that begins on the face and spreads downward. As it spreads down the body, it usually clears on the face. This rash is often the first sign of illness that a parent notices.

The rubella rash can look like many other viral rashes. It appears as either pink or light red spots, which may merge to form evenly colored

patches. The rash can itch and lasts up to 3 days. As the rash clears, the affected skin occasionally sheds in very fine flakes.

Other symptoms of rubella, which are more common in teens and adults, may include: headache; loss of appetite; mild conjunctivitis (inflammation of the lining of the eyelids and eyeballs); a stuffy or runny nose; swollen lymph nodes in other parts of the body; and pain and swelling in the joints (especially in young women). Many people with rubella have few or no symptoms at all.

What is the vaccination administered for MMR?

15 months is the appropriate age for administration. If for some reason this age / date has been missed –it should be taken at the next earliest opportunity.

Booster dose is needed for girls. At the age of puberty (say some 12-13 years) a booster is recommended.

Are there any side effects to the MMR vaccine?

There are no side effects to this Vaccine.

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