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Are there different MMR vaccines?

You have probably heard a lot about measles in the news. There is a large outbreak in Birmingham mainly affecting children under 10 years old. Many children have needed to be admitted to hospital. Measles can cause serious problems including meningitis and hearing loss and can cause death.

The best way to protect against measles is to get two doses of the MMR vaccine.

There are two different versions of the MMR vaccine that are available for free through your GP. One of them contains gelatine and the other one doesn't.

They are both very effective and safe.

If you don't want the vaccine which contains gelatine, don't worry. You can still have the vaccine.

All you have to do is ring ahead to your GP practice and let them know, so they can have the right one ready for you. It's as simple as that.

There is more information about vaccines and porcine gelatine at this link: <https://assets.publishing.service.gov.uk/media/63349f2c8fa8f50684f6ccad/UKHSA-12462-vaccines-porcine-gelatine-English.pdf>.

Children are invited for their first dose of the MMR vaccine when they are between 12 and 13 months old and the second dose is given around 3 years and 4 months. Children can receive the vaccine at any age after this, so if your child has missed either of these doses or you are not sure just contact your GP practice.

For more information, visit: <https://www.nhs.uk/conditions/measles/>