



Mae Brechu yn achub bywydau
Vaccination saves lives



GIG
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Wales

A vaccine to protect you from measles, mumps, rubella and chickenpox



Mae'r daflen hon ar gael yn Gymraeg. You can get this leaflet in Welsh.

About measles, mumps, rubella and chickenpox



These illnesses can make you feel very poorly.



Some of them can give you spots or a rash.



These illnesses spread easily to other people.

Coughing or sneezing can spread them.



Most people who catch them do not get very poorly.



But for some people they can cause serious health problems.

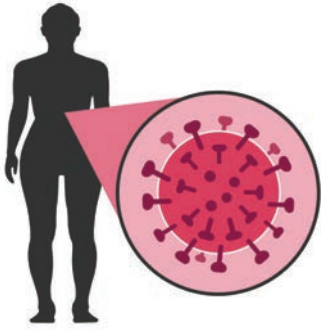


It is really important to try to protect people from measles, mumps, rubella and chickenpox.



There is a vaccine that can help.

About vaccines



A **vaccine** is a medicine that helps to keep you safe from catching an illness.



Getting a vaccine is usually done by giving you an injection at the top of your arm.



Babies and young children have the injection in the top of their leg.



Vaccines are very safe.
They will not give you an illness.



You can still catch the illness.
But vaccines can help to make you less poorly.

2 kinds of vaccine



We have a new vaccine called the **MMRV vaccine**.



It protects you from measles, mumps, rubella and chickenpox.



We also have an old vaccine called the **MMR vaccine**.



This protects you from measles, mumps and rubella.



About the new MMRV vaccine

This vaccine will be offered to babies from January 2026.



Babies can have the first injection when they are 12 months old.



Then they can have the second injection when they are 18 months old.



Some older children can have the new MMRV vaccine too.

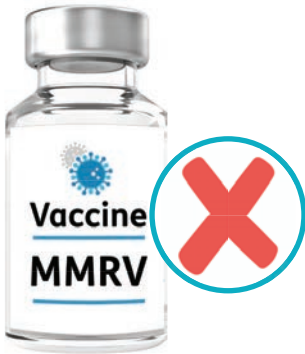


Your doctor or nurse will tell you which vaccine your child should have.

About the old MMR vaccine

This vaccine is for:

- Older children.
- People who have already had 1 injection of the old MMR vaccine.
- People who cannot have the new MMRV vaccine.



If you are not sure which vaccine to have, speak to your doctor.

Having the MMR or the MMRV vaccine



You need to have 2 injections for the vaccine to work properly.

You do not have both of the injections at the same time.



You have your first injection.

Then the doctor or nurse will tell you when you need the second one.

How to get the vaccine

When it is time for your baby to have the vaccine, you will get a letter.



Your baby can usually have it at your local doctors surgery.



Your baby should have the vaccine as soon as they are offered it.



If you do not get a letter for your baby, contact your doctor.



If the vaccine is for you or an older child, you will not get a letter.

Your doctor can tell you if you should have the vaccine.

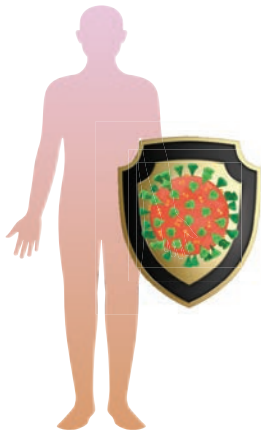


Who should not have the vaccine

You or your child should not have the vaccine if you:



- Are pregnant.



- Have an **immune system** that does not work very well.

Your **immune system** is the part of your body that helps to protect you from infections.



- Have an illness with a **high temperature**.

A **high temperature** is a temperature more than 38 degrees on a thermometer.

What to do if you or your child are ill when it is time to have the vaccine



If you or your child are unwell, it is better to wait until you feel better.



You should cancel your appointment and make a new one.

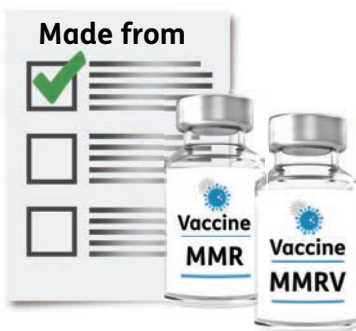
But you should try to have the vaccine as soon as possible.

If you or your child have allergies



Most people who are allergic to something can have the vaccine with no problems.

You or your child should not have the vaccine if:



- You are allergic to something the vaccine is made from and it gives you a **serious reaction**

or



- You have had a **serious reaction** to the MMRV vaccine before.



A **serious reaction** is when:

- You find it hard to breathe.



- You feel confused, faint and you cannot be woken up.



- Your face, neck or tongue start to swell up.



Tell the doctor or nurse if you or your child have had a serious reaction to the vaccine before.

Gelatine in the vaccine

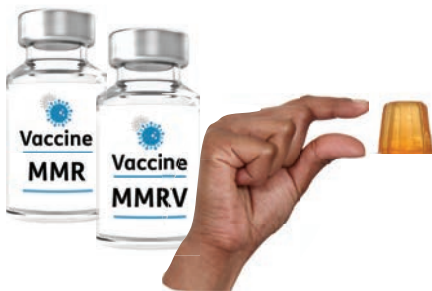


Gelatine is a type of food.

It is made from parts of animals like pigs.



Some people choose not to have pork or gelatine.



1 of the MMRV vaccines we use has a little bit of gelatine in it.

And 1 of the old MMR vaccines has it in too.



If you or your child do not have things with gelatine in, talk to your doctor.



They can give you a vaccine that does not have it in.

Side effects



Side effects are things that might happen to you or your child after you have had the vaccine.

Not everyone has side effects.



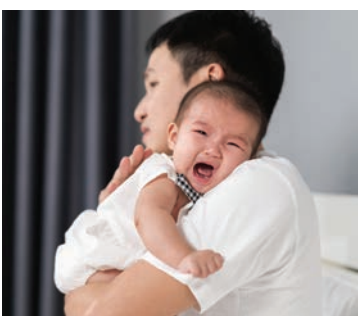
Most side effects happen after the 1st injection.

But they might not happen at the same time.



You or your child might have a sore arm.

It might feel hot and have a small lump where the injection was given.



Babies and young children might also be upset or cry a lot.

After 6 to 11 days, you or your child might also have



- A rash.



- A high temperature of more than 38 degrees on a thermometer.



You might also get some side effects 2 to 4 weeks after the injection was given.



Side effects should only last for 1 to 3 days.



You or your child can have paracetamol to help with side effects. Remember to read the instructions on the packet.



Children under age 16 should **not** take aspirin.



If you are worried about side effects, speak to your local nurse or doctor.

More information



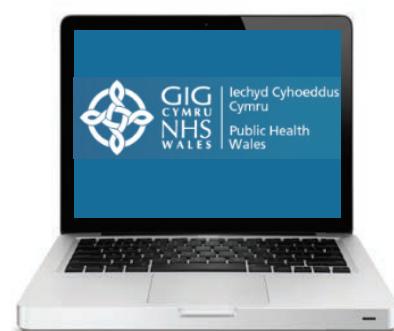
If you want more information about the MMRV vaccine or the old MMR vaccine, speak to your doctor.



You can also phone NHS Wales.

Phone 111

It is free to call this number.



You can look on the Public Health Wales website:

phw.nhs.wales/vaccines



To find out how the NHS uses your information, visit:

111.wales.nhs.uk/AboutUs/Yourinformation