

MMRV Vaccine

(Measles, Mumps, Rubella, Varicella)

Protecting Your Child: What Every Parent Should Know



Vaccinating with MMRV is a safe, proven way to protect your child against four (4) serious diseases. Most side effects are mild and short-lived.

What is MMRV?



A combination vaccine that protects against **four (4) serious diseases**.

- **Measles:** high fever, cough, rash; can lead to pneumonia, brain swelling, or death.
- **Mumps:** swelling of salivary glands, fever, headache; can cause deafness or brain infection (meningitis).
- **Rubella (German Measles):** mild illness in children, but very dangerous in pregnancy, and can cause miscarriage or birth defects.
- **Varicella (Chickenpox):** itchy rash, fever, tiredness; can lead to skin infection, pneumonia, or brain inflammation.



The Vaccine

- Approved by FDA in 2005 for children 1-12 years old.

How it works:

- Contains weakened (live attenuated) viruses that train the immune system to fight infection.

Schedule:

- 2 doses
 - First dose at 12-15 months
 - Second dose at 4-6 years



Two doses of vaccine are 97% effective at preventing measles and rubella, 88% against mumps, and nearly >95% against chickenpox.

Is the Vaccine Safe? Yes.

- Millions of doses safely given in the U.S.
- Common mild side effects: sore arm, fever, or a rash.
- Rarely, children 12-23 months may have a febrile seizure (about 1 extra case per 2,300 doses vs. separate shots). These are short-lived and do NOT cause long-term problems.
- Severe allergic reactions are extremely rare.

Support & Guidance

Your child's pediatrician can help you decide between MMRV (1 shot) or separate MMR + Varicella (2 shots) vaccines.

Trusted Resources: [AAP HealthyChildren.org](http://AAP.HealthyChildren.org)

Alternatives?

- There is no safe alternative to vaccination.
- "Natural infection" brings real risks: hospitalization, long-term health problems, or even death.
- Vaccination protects your child and others - especially newborns, pregnant people, and those with weakened immune systems.



Vaccinating is a safe, proven step that protects your child now and into adulthood. We're here to answer your questions, support your decisions, and celebrate the protection you give your family.

