

MMR vaccine

It is strongly recommended for all students entering UCD to be vaccinated against Measles, Mumps & Rubella (German Measles). The vaccine is part of the immunisation schedule in Ireland. **Two doses are required to provide best protection.** As there was a serious outbreak of Mumps and Measles in the Dublin region in 2019 with many UCD students being affected, **it is strongly recommended that: ALL UCD STUDENTS are vaccinated against these viruses.** These viruses are highly infectious.

Many students will have received 2 doses of MMR vaccine as a child. However, if you only received 1 dose of the MMR vaccine or none, it is recommended that you receive a further dose or 2 doses. Please check your childhood immunisation records to see if you require the vaccine(s).

What is the MMR (Measles, Mumps & Rubella) vaccine?

The MMR vaccine teaches the immune system to produce antibodies against measles, mumps and rubella, as though your body had been infected with them. Antibodies are proteins that are produced by the body to neutralise or destroy disease-carrying organisms and toxins. Once vaccinated, if you then come into contact with one of these diseases, your immune system will recognise it and immediately produce the antibodies needed to fight it.

Why is it important to receive the MMR vaccine?

Measles, mumps and rubella are diseases that have serious complications:

- Measles can cause a range of symptoms, which can include ear infections, pneumonia, bronchitis, encephalitis (inflammation of the brain), convulsions (fits) and brain damage. Measles can be fatal.
- Mumps can cause viral encephalitis (inflammation of the brain). It also causes deafness, miscarriage, inflammation of the pancreas and pain and swelling in the testicles in men.
- Rubella causes major birth defects in unborn babies and may cause miscarriage if the mother gets rubella in pregnancy. Babies may have some degree of deafness, blindness and damage to their heart or brain.

How do I check my MMR vaccination status?

1. Ask your parent or guardian, the MMR vaccine may be recorded in your vaccine booklet.
2. If you do not have documentation of 2 doses of MMR vaccine, check with your family GP
3. Click link <https://www.hse.ie/eng/health/immunisation/whoware/requestrecord.html> . You will usually find two contact numbers to request your MMR records.

Where can I get the vaccine?

In the UCD Student Health Service, Tel: 01-7163134. Book an appointment with the Nurse. The 1st and 2nd dose are usually given 4-6 weeks apart. **Costs: 1st dose: €25.00 and 2nd dose: €10.00**

All UCD students are entitled to receive the MMR vaccine with us. Usually 2 doses are required; 4 weeks apart, to give the best protection.