MEASLES, MUMPS AND RUBELLA (MMR) VACCINE FACT SHEET FOR HEALTH CARE WORKERS IN BOTSWANA

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FS 739935

BOMRA MEDICINES REGULATORY AUTHORITY
Promoting access to safe medicines

1. Indication

The MMR vaccine is used to prevent diseases caused by measles virus, mumps virus, and rubella virus:

- Measles: prevents severe illness including pneumonia, encephalitis, and death.
- Mumps: prevents parotitis, orchitis, oophoritis, meningitis, and deafness.
- Rubella (German measles): prevents rash illness and congenital rubella syndrome (CRS) in infants born to infected mothers.

2. Administration

Schedule:

Age	Dose
9 months	First dose
18 months	Second dose

Route of administration:

- Subcutaneous injection, upper outer triceps area of the arm.
- Alternative site: anterolateral thigh.

Do not administer intravenously, intradermally, or intramuscularly.

Important: Always consult the vaccine information leaflet included with the product for detailed preparation and administration instructions.

3. Warnings and Precautions

- Fever and febrile seizures: May occur 5–12 days after vaccination, usually mild and self-limited.
- Thrombocytopenia: Transient cases may occur rarely.
- Pregnancy: Contraindicated; women should avoid becoming pregnant for at least 1 month after vaccination.
- Transmission risk: Vaccine viruses are live-attenuated; use caution in severely immunocompromised individuals.
- Observe recipients for at least 15 minutes post-vaccination for fainting or allergic reactions.

4. Contraindications

Do not administer MMR vaccine to individuals with:

- A history of severe allergic reaction (e.g., anaphylaxis) to a previous dose or to vaccine components (including gelatin or neomycin).
- Severe immunodeficiency due to congenital disease, leukemia, lymphoma, generalized malignancy, or therapy with immunosuppressive drugs/radiation.
- Pregnancy.
- Severe febrile illness (vaccination should be postponed until recovery).

5. Adverse Reactions

Common side effects:

- Fever (up to 15%)
- Mild rash (about 5%)
- Swelling of glands (parotid, cervical, or submandibular)
- Mild joint pain (more common in adult women after rubella component)

Less common adverse events:

- Febrile seizures (rare)
- Transient low platelet count (thrombocytopenia)
- Parotitis (rare)

Serious adverse events (rare):

- Severe allergic reactions (anaphylaxis)
- Encephalitis or encephalopathy (extremely rare).

6. Adverse Event Reporting in Botswana:

Health care workers are encouraged to report any suspected adverse events following immunisation (AEFI) to BoMRA. Reporting helps monitor vaccine safety and protect public health. Even if you are uncertain whether the vaccine caused the reaction, reporting ensures potential concerns are identified early.

Steps to report an AEFI:

1. Scan the QR code provided
2. Accept the terms and conditions
3. Complete the reporting form with all available information
4. Submit the form

Or contact:
Email: aefi@bomra.co.bw
Telephone: 3731727

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