

DEFEND AGAINST MEASLES, MUMPS, AND RUBELLA



The MMR vaccine protects against three highly contagious viral infections.



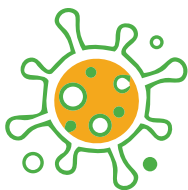
Measles

Begins with a high fever, cough, runny nose, and red eyes, followed by a rash. Serious complications include pneumonia, brain swelling, and death.¹ Measles spreads through the air and can remain in the air for up to two hours after an infected person leaves the room.² Measles can also make the immune system forget how to fight other infections.³



Mumps

Causes a fever, headache, muscle aches, and painful swelling of the salivary glands under the jaw. Complications can include inflammation of the brain, hearing loss, and reproductive organ inflammation. Mumps spreads through saliva and respiratory droplets.⁵



Rubella (German Measles)

Usually causes a mild rash, fever, and swollen glands behind the ears. Rubella spreads through respiratory droplets.⁶ Infection during pregnancy increases the risk of miscarriage or stillbirth. It can also lead to Congenital Rubella Syndrome, causing birth defects, including deafness and heart defects.



Who should get vaccinated?

A two-dose series of the MMR vaccine protects against measles, mumps, and rubella and is 97% effective at preventing measles.² MMR is required for school entry in Texas.⁷ The best way to protect yourself and others against measles, mumps, and rubella is to get vaccinated.

Recommended Schedule:⁸

- First dose: 12-15 months
- Second dose: 4-6 years

Recent Trends in Texas

In 2025, Texas experienced a measles outbreak in West Texas, leading to 762 confirmed cases and two deaths in unvaccinated children. In 2019, there were 783 reported mumps cases – the highest number since 1990.⁴ There have been no reported cases of rubella in Texas since 2019.⁵

Check your or your child’s vaccine record and talk to your doctor about the MMR vaccine.

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1. <https://www.cdc.gov/measles/signs-symptoms/index.html>
2. <https://www.dshs.texas.gov/vaccine-preventable-diseases/vaccine-preventable-disease-conditions/measles-rubeola>
3. <https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/does-measles-affect-your-immune-system.aspx>
4. <https://www.dshs.texas.gov/vaccine-preventable-diseases/mumps>
5. <https://www.dshs.texas.gov/vaccine-preventable-diseases/rubella-german-measles>
6. <https://www.dshs.texas.gov/vaccine-preventable-diseases/vaccine-preventable-disease-conditions/congenital-rubella-syndrome-crs>
7. <https://www.dshs.texas.gov/immunizations/school/requirements>
8. <https://www.aap.org/en/patient-care/measles/measles-vaccine>
9. <https://www.dshs.texas.gov/news-alerts/measles-outbreak-2025>

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