

MMR-Var Vaccine

Combined measles, mumps, rubella and varicella vaccine

Vaccination,
the best protection

June 2026

Vaccination is the best protection against measles, mumps, rubella, varicella and their complications.

Diseases	Signs and symptoms	Possible complications
Measles	• Skin rash • Coughing • Fever • Conjunctivitis (red eyes) • General feeling of illness	• Ear infection (7 to 9% of cases) • Pneumonia (1 to 6% of cases) • Convulsions • Permanent brain damage (1 case in 1,000 to 2,000) • Death (1 case in 3,000)
Mumps	• Fever • Headache • Swollen glands near the jaw	• Meningitis (1 to 10% of cases) • Deafness (becoming deaf) • Testicular infection • Ovarian infection
Rubella	• Skin rash • Swollen lymph nodes • Arthritis, especially among women	• Encephalitis (brain infection) (1 case in 6,000) • Miscarriage in pregnant women • Malformations in baby whose mother contracted rubella during pregnancy
Varicella	• Fever • Varicella blisters (tiny blisters that form a crust and dry up) • Itching	• Ear infection • Pneumonia • Infected varicella blister (e.g. impetigo) • Serious infection (e.g. flesh eating bacteria) • Encephalitis (a brain infection) • Malformations in baby whose mother contracted varicella during pregnancy • Shingles (15 to 30% of cases) • Death

(see verso)

MMR-Var Vaccine *(continued)*

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The vaccine

Vaccination is the best protection against measles, mumps, rubella, varicella and their complications. Immunization schedule includes administration of 1 dose at the age of the 12 and 18 months. Protection against these diseases lasts throughout life.

Women receiving the vaccine must avoid becoming pregnant in the month after the vaccination.

Symptoms after vaccination

Some symptoms may be caused by the vaccine (e.g. redness at the injection site). Other problems may occur by chance and are not related to the vaccine (e.g. cold, gastro, headache).

MMR-Var vaccine is safe. Most reactions are harmless and do not last long.

Frequency	Possible reactions to the vaccine	What to do
In most cases (more than 50% of people)	Slight or moderate fever between the 5th and 12th day after vaccination	- Apply a cold, damp compress at the injection site. - Use a medication for fever or discomfort if needed. - Cover the blisters. If this is not possible, contacts with premature newborns and people with weakened immune system should be avoided as long as these blisters are present. - See a health professional if symptoms are severe.
Very often (less than 50% of people)	- Pain and redness at the injection site - High fever between the 5th and 12th day after vaccination - Fatigue, irritability, drowsiness (sleepiness), diarrhea, loss of appetite - Joint pain in adults	
Often (less than 10% of people)	- Swelling at the injection site - Non contagious skin rash between the 5th and 12th day after vaccination - Blisters similar to those of varicella (less than 10 blisters) at the injection site or elsewhere on the body; these blisters are not very contagious and clear up quickly - Conjunctivitis (red eyes) - Joint pain in children	
Sometimes (less than 1% of people)	- Shivering - Swollen lymph nodes and glands near the jaw	
Rarely (less than 1 person in 1,000)	Convulsions between the 5th and 12th day after vaccination	
Very rarely (less than 1 person in 10,000)	Temporary drop in the number of blood cells that help clotting	
Less than 1 person in 1 million	Neurological problems	

We recommend that you stay at the clinic for at least 15 minutes after vaccination because allergic reactions may occur. If an allergic reaction occurs, the symptoms will appear a few minutes after the vaccination. The person giving the vaccine will be able to treat this reaction immediately.

For any questions, contact the person giving the vaccine, or Info-Santé 811 or a health professional.