



Don't let Measles, Mumps and Rubella into your child's world

The risk of catching Measles, Mumps and Rubella increases when your child goes to nursery. When you don't get your child their MMR vaccines, they're left exposed to becoming seriously ill.

Protect your child with both MMR vaccines.
Contact your GP to book their first or second dose. Find out more at [nhs.uk/MMR](https://www.nhs.uk/MMR)

**MMR
vaccines
protect**

**Help us
help you**