

Can the MMR vaccine cause Autism?

No, there is no scientific evidence linking the MMR vaccine to Autism and numerous studies have consistently failed to establish such a correlation. Medical experts and researchers agree that vaccines are safe and effective in preventing serious diseases like Measles.

Mumps

Mumps is a contagious disease best known for the puffy cheeks and tender, swollen jaw that it causes. This is a result of swollen salivary glands under the ears on one or both sides, often referred to as parotitis. It is spread through direct contact with saliva or respiratory droplets from the mouth, nose, or throat of an infected person.

In rare cases, mumps can cause more severe complications, especially in adults. These complications can include inflammation of: the testicles (orchitis), the ovaries (oophoritis) and/or breast tissue (mastitis), the pancreas (pancreatitis), the brain (encephalitis), the tissue covering the brain and spinal cord (meningitis) and deafness.

Symptoms

Other symptoms that might begin a few days before parotitis include:

- Fever;
- Headache;
- Muscle aches;
- Tiredness; and
- Loss of appetite.

Rubella

Rubella is an acute, contagious viral infection. While the rubella virus infection usually causes a mild fever and rash in children and adults, infection during pregnancy, especially during the first trimester, can result in miscarriage, fetal death, stillbirth, or infants with congenital malformations, known as congenital rubella syndrome (CRS).

The rubella virus is transmitted by airborne droplets when infected people sneeze or cough. Symptoms usually appear 2 to 3 weeks after exposure.

Symptoms

- A rash: usually starting on the face and neck before progressing down the body;
- Mild fever (<39°C);
- Nausea;
- Mild conjunctivitis (pink eye);
- Swollen lymph glands behind the ears and on the neck; and
- Joint pain.

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For further information call the Expanded Programme on Immunization Unit at the Ministry of Health at (868)-217-4664 Ext. 12301 - 12304 or email at epi@health.gov.tt



Government of the Republic of Trinidad and Tobago
Ministry of Health



MEASLES

Frequently Asked Questions

A guide for parents
and guardians



What is Measles?

Measles is a highly contagious viral infection that primarily affects the respiratory system. It is caused by the Measles virus.

What are the symptoms of Measles?

Symptoms typically include:

- High fever;
- Cough;
- Runny nose;
- Red and watery eyes; and
- A characteristic rash that starts on the face and spreads to the rest of the body.

How is Measles spread?

Measles is highly contagious and spreads through respiratory droplets when an infected person coughs or sneezes.

It can also spread by touching surfaces contaminated with the virus.

Who is at risk of contracting Measles?

Anyone not immune to the virus can be at risk of contracting the infection. However, infants, young children, pregnant women and people with weakened immune systems are more susceptible to complications.

What are the complications of Measles?

Complications can include:

- Pneumonia;
- Encephalitis (swelling of the brain);
- Ear infections;
- and in severe cases, death.



How can Measles be prevented?

Vaccination is an effective measure for preventing the Measles virus. The Measles, Mumps and Rubella (MMR) vaccine is highly effective against the virus. Additionally, practicing good hygiene, like frequent handwashing, can aid in reducing the transmission of the virus.

How effective is the MMR Vaccine?

The MMR vaccine, when administered according to the recommended schedule, is 96% effective in preventing Measles, 86% effective against Mumps and 89% effective against Rubella. Two doses of the MMR vaccine are recommended for optimal protection.

Is Measles still a problem today?

While vaccination efforts have significantly reduced the number of cases globally, Measles outbreaks still occur, particularly in areas with low vaccination rates or where vaccination campaigns are disrupted. Maintaining high vaccination coverage is essential to prevent the resurgence of the virus.