



# Get protected against measles

The Measles, Mumps and Rubella (MMR) vaccination is the safest and most effective way to protect you and your family against these diseases. Full protection requires two doses.

For anyone not fully immunised, a catch-up vaccination is available.

Contact your GP practice for more information.

[www.nhs.uk/MMR](http://www.nhs.uk/MMR)

**HELP US  
HELP YOU**  
**GET PROTECTED**