

MEASLES
MUMPS
RUBELLA



They affect us all

Have you been vaccinated?

MMR vaccine.

If you're between 15 and 50 years old.

And if you're between 15 and 25, **also get your Meningitis C vaccine.** With just one jab you'll be protected against a disease that can be fatal.

Update your VACCINATION SCHEDULE.

Consult your local health worker if you require any other vaccine.

It's important. It's free.



Did you know that
the MMR vaccine
protects 90-98% of
the persons receiving
it against measles,
mumps and rubella
all their lifetime?

These diseases are important, since they
can cause serious side effects if you're not
protected. This vaccine will also protect your
future baby against severe defects.

It's free. All you have to do is go to your local
health centre and ask for information. That's
how easy it is to protect your own health and
that of those around you.

VACCINATION CAMPAIGN

MMR

and vaccination schedule update

It affects us all

Have you been vaccinated?

Go to your local health centre or vaccination
centre

