

Measles can make you very sick. It spreads very easily.

You may need this vaccine if:

- You are aged 20 to 60 years
- You were born outside Australia
- You are not sure how many vaccines you have had

What is the MMR vaccine?

MMR protects you from:

- Measles
- Mumps
- Rubella

Why should you get vaccinated?

It helps protect:


- You
- Your family
- Your community


What to do next?

Ask your doctor if you are eligible for the vaccine.

Scan the QR code for more information on MMR.



 1800 959 400

 LMPHU@bendigohealth.org.au

