

## Rubella and MMR

When Sense started in 1955, rubella in pregnancy was the main cause of congenital deafblindness. Thanks to vaccination, this is much less common and Sense wants to keep it that way.

Sense recognises the difficult decisions parents have to make. We believe you have the right to make an informed choice about vaccination, based on all the information available - but Sense is confident that the MMR vaccination is the safest way to protect your child and other children. If you are thinking of becoming pregnant, get immunised. Your doctor or nurse can test your immunity levels and recommend vaccination if needed.

- [About Rubella](#) The disease, how common it is, details about the damage it has done in the past, stories from people with congenital rubella syndrome (CRS) and how Sense helps them, the on-going health concerns of people with CRS and links to further sources of information.
- [Rubella and Pregnancy](#) How to protect yourself before you get pregnant, what happens during pregnancy if a mother catches rubella, what to do if you suspect this has happened, and answers to questions you may have.
- [Vaccination](#) Who is at risk, how to protect your family, the current immunisation schedule in this country, the history of rubella immunisation in the UK, answers to questions you may have, why Sense believes MMR is best and that single vaccines would be a backwards step, links with autism, and more

- [Facts, figures and research](#) Details about research into MMR, congenital rubella syndrome, Sense documents and briefings, and links to external sites to find more information
- [Frequently asked questions](#) Throughout these pages we answer the questions you may have, and bring them all together in this section.