

## Vaccination

Immunisation is the only way to protect unborn children from the dangers of rubella. Ideally we protect pregnant women by ensuring the wild rubella virus is not able to circulate and so they don't come into contact with it. The best way to do this is young children to receive two doses of MMR (12 - 15 months and pre-school).

If children miss or delay one or both of these doses then they can have a catch up vaccinations at any stage. If children reach their teens still having missed one or both MMR immunisations then they can receive one or two doses of the MMR vaccine at the point they have their DTP (13 - 18 years old).

The more children who miss or delay vaccination the more likely we will see rubella outbreaks.

Vaccination rates have been lower than the recommended level for a significant period in the UK, so Sense believes women who are thinking about becoming pregnant should check their rubella immunity levels and get vaccinated if needed.

For more information on the effects and issues relating to vaccination and rubella click on the links below:

- [When to vaccinate](#)
- [Benefits and risks of MMR](#)
- [Single vaccines](#)
- [History of rubella immunisation](#)
- [Frequently asked questions](#)