

## INTRODUCTION

### **MMR Vaccine (Measles, Mumps, Rubella):**

The MMR vaccine is a safe and effective vaccine. It protects against three serious illnesses that spread easily and can cause complications like hearing loss, brain inflammation, and issues during pregnancy. Two doses offer long-term protection.

### **HPV Vaccine (Human Papillomavirus):**

Protects against a common virus that can lead to several types of cancer (including cervical, throat, and genital cancers) and genital warts. One dose is enough for most people. The vaccination is usually given to young people aged 12-13 at school.

### **This information is of most relevance to:**

- parents and carers of children and teenagers
- for MMR, unvaccinated children and adults
- for HPV, young adults, aged 25 and under, can catch up with their vaccination if they missed it at school.
- anyone who is unsure of their HPV or MMR vaccination status
- people who are at higher risk from HPV, including men aged 45 and under who have sex with other men, who are also eligible for the HPV vaccination

## **PATHWAYS TO VACCINATION AND INFORMATION ABOUT VACCINATION**

- The GP can check MMR and HPV vaccination records and offer catch-up vaccines
- Adults at higher risk from HPV can also get the HPV vaccine from Sexual Health Teams

## **OTHER SOURCES OF HELP, INFORMATION AND SUPPORT**

- [Family Hubs | West Northamptonshire Council](#)

### **Online Resources:**

- [NHS MMR Vaccine Info](#)
- [NHS HPV Vaccine Info](#)
- [Cancer Research UK – HPV](#)
- [NHS: read more about why vaccination is safe and important](#)

This information sheet was prepared by the Community Health Champions project – a collaboration between Voluntary Impact Northamptonshire and West Northamptonshire Council:  
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