

One's no good...



...without the other

Remember, you need **TWO** doses of the MMR vaccine to fully protect yourself against measles, mumps and rubella.

These diseases can be serious, so make sure you can't catch them and can't pass them on to your friends, family and others in student accommodation.

Mumps is common in young people and we have seen an increase currently among students.

Your GP can give you the vaccine if you need it. You can find out more about MMR at www.nhsinform.co.uk or from your GP.

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