



UK Health  
Security  
Agency



# If you could get pregnant, act now to protect against rubella

**Catching rubella (also known as German Measles) during pregnancy can very seriously harm your unborn baby.**

2 doses of MMR vaccine can protect you against rubella for life. Make sure you are fully vaccinated before you get pregnant.

Speak to your GP practice to check that you are protected against rubella.



The best way to protect the  
health of you and your baby

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UK Health Security Agency Gateway Number: 2022137.  
You can call 0300 123 1002 to place telephone orders.



**For more information pick up a leaflet  
or visit [www.nhs.uk/vaccinations](https://www.nhs.uk/vaccinations)**