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The MMR vaccine is safe and effective. Two doses of the vaccine protect you and the NHS offers it for free. Adults and children can be vaccinated at any age if they have not been fully vaccinated before.

Please attend MMR clinics with your children, or you can get a vaccine yourself if you have not previously had the vaccine. You cannot get the vaccine if you are pregnant.

Pop-up clinics will be held across Dudley borough this month to offer the MMR vaccine to anyone who has missed one or both doses.

The clinics are available to anyone over the age of one who has missed their vaccination. Children and young people must be accompanied by a parent or legal guardian to receive the vaccine.