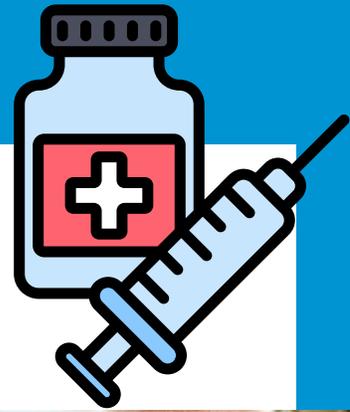


Do You Need a Measles Vaccine (MMR)?



If you were born before 1957

Because measles was so widespread at this time, it's assumed that people born before 1957 already have immunity to measles from a previous infection, but talk to your doctor if you have concerns.

If you were born between 1957-1967 and got vaccinated before 1968

You may have received a weaker version of the vaccine and may not be protected. Talk to your doctor about getting vaccinated again.



All others*

Children

Children should receive two doses of the MMR vaccine. The first should generally be given at age 12-15 months, but babies as young as 6 months can be vaccinated during outbreaks or before international travel. The second dose should be given at age 4-6 years. If your child has not been vaccinated, get them up to date as soon as possible.

Adults

Most adults are considered immune if they've received at least one dose of the MMR vaccine (vaccinated in 1968 or later), but it is a good idea to receive a second dose for extra protection during outbreaks. Some people – like international travelers, college students, and healthcare workers – are recommended to get two doses for measles protection, even when there is not an outbreak. If you have not been vaccinated, talk to your doctor to get at least one dose of the MMR vaccine.



If you're not sure if you've been vaccinated

Talk to your doctor about having your immunity checked, or get vaccinated now. There is no harm in getting vaccinated again if you might already have immunity.

If you've already had measles, you are considered immune, no matter your age or vaccination status.

**Some people, including those who are pregnant or severely immunocompromised, should not receive an MMR vaccine. This is uncommon, so talk to your doctor if you're unsure if it applies to you.*