



TRAVELING ABROAD? PROTECT AGAINST MEASLES.



Before you travel internationally, make sure you are up to date on your measles-mumps-rubella (MMR) shots.

**INFANTS
6-11 MONTHS OLD**



1 early dose of MMR now **

**CHILDREN 12
MONTHS & OLDER**
with no evidence of immunity*



1 dose of MMR now
1 dose at least 28 days later

TEENS & ADULTS
with no evidence of immunity*



1 dose of MMR now
1 dose at least 28 days later

*Evidence of immunity includes one of the following: Written documentation of adequate vaccination, laboratory evidence of immunity, laboratory confirmation of measles, birth in the United States before 1957.

** Follow the recommended schedule and get another dose at 12-15 months and a final dose at 4-6 years.

Plan to be fully vaccinated against measles at least **2 WEEKS** before you travel.
If your trip is less than 2 weeks away, you should still get a dose of **MMR vaccine**.



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention