



TRAVELING?

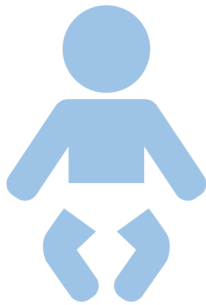


PROTECT YOURSELF AGAINST MEASLES FIRST.



Before you travel **internationally or within the United States**, make sure you are up to date on your measles-mumps-rubella (MMR) vaccine.

INFANTS 6–11 months



U.S. Travel

No MMR vaccination recommendation for this group

International Travel

Ask your child's health care provider about MMR vaccination

CHILDREN 12 months–13 years



U.S. Travel

Follow routine schedule:
◆ 1 dose of MMR at 12–15 months
◆ 1 dose at 4–6 years

International Travel

2 doses of MMR at least 28 days apart

TEENS & ADULTS without evidence of immunity*



U.S. Travel

Teens and Adults:
◆ 1 dose of MMR now
Teens:
◆ 1 dose at least 28 days later

International Travel

2 doses of MMR at least 28 days apart

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

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**, if recommended.

