



Guidelines for Measles, Vaccination and International Travel

All international travelers should be up to date on the MMR vaccine

The MMR vaccine is the best protection against measles while traveling.

When should I get vaccinated if I'm traveling?

Travelers should plan to be fully vaccinated against measles at least **two weeks** before leaving. If you are less than two weeks away from travel, you can **still** get one dose of MMR vaccine. One dose of MMR vaccine prevents measles infection in 93% of people.

Vaccines for infants

Infants who are under 12 months of age can get an early dose of MMR starting at 6 months of age.

Vaccines for children 12 months and older, teens and adults

Children over 12 months of age, and teens and adults without evidence of measles immunity, can get one dose of MMR immediately. They can get a second dose 28 days after the first.

Monitor health after returning

Monitor your health for **three weeks** after returning from travel. If you or your family gets sick with a rash and fever, call your doctor. Let them know you traveled abroad as well as your vaccination status.

