

# Traveling Abroad?

## Protect Against Measles



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

### INFANTS 6-11 MONTHS OLD



Get an early dose at 6-11 months. Follow the recommended schedule and get another dose at 12-15 months and a final dose at 4-6 years.

### CHILDREN 12 MONTHS & OLDER

with no evidence of immunity\*



Get first dose immediately. Get second dose 28 days after first dose.

### TEENS & ADULTS

with no evidence of immunity\*



Get first dose immediately. Get second dose 28 days after first dose.

\*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.

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.



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SAN DIEGO

For more information, visit  
[sandiegocounty.gov/measles](https://sandiegocounty.gov/measles)



3/21/2024