TRAVELING ABROAD?
PROTECT AGAINST MEASLES.

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

**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