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

- **TEENS & ADULTS**
  - 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.