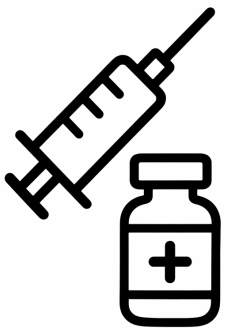
Make sure you're protected against measles with the MMR vaccine – especially before traveling internationally!



Routine childhood recommendation

1st dose: **12–15 months old**
2nd dose: **4–6 years old**



Traveling outside the United States? Everyone 6 months and older should be vaccinated against measles.

Ideally, get vaccinated **at least two weeks before** your trip — but you can still get vaccinated even if your trip is less than two weeks away.



It's okay to have questions.

Talk to your doctor to make sure your family, including the adults, are protected.

Learn more at HealthVermont.gov/Measles

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