

Most adults in the U.S. are at low risk for measles.

What does this mean?

For people born in 1957 or after, one dose of MMR (measles, mumps and rubella) vaccine usually gives adequate protection from measles. Most people don't need a second dose.

You are also protected if you:

- were born before 1957.
- have lab evidence of immunity to measles.
- have had measles.

Do I need another MMR vaccine?

For most adults, no. There is no recommendation for an adult catch-up program for people born before 1989. There is also no recommendation for vaccination campaigns among adults in areas that are not affected by measles.

Do some adults need another MMR vaccine?

Yes, but most adults in the U.S. do not. Talk with your health care provider if you have questions.

Some adults are at high risk for measles and need two doses of MMR:

- Students at post-high school education institutions
- Health care personnel
- International travelers

Anyone else?

- People who received a killed measles vaccine between 1963 and 1968 should be vaccinated again. **This affects less than 5% of adults in the U.S.**
- During outbreaks, the Health Department may provide additional recommendations to protect Vermont communities.

Learn more: www.healthvermont.gov/measles

