

PREVENTING MEASLES BEFORE AND AFTER TRAVEL

Measles can be dangerous, especially for babies and young children. Severe measles can lead to hospitalization and even death. Measles is still common in many parts of the world. Anyone who is not fully vaccinated against measles and travels internationally is at risk.

The only way to protect against this disease is to get the measles, mumps, and rubella (MMR) vaccine.

WHAT TO DO BEFORE INTERNATIONAL TRAVEL

1. **Talk to your doctor, nurse, or clinic** to make sure everyone is protected against measles.
2. **Get the vaccine at least 2 weeks** before you leave.
 - Babies 6 through 11 months old should get a dose of the MMR vaccine.
 - Everyone 12 months and older (including adults) should get 2 total doses before travel.
 - If you haven't been vaccinated before, get the 1st dose right away. You can get the 2nd dose 28 days later.
 - If you've gotten 1 dose before, get a 2nd dose before travel.
3. Even if your trip is less than 2 weeks away, you can still get 1 dose of the MMR vaccine.

WHAT TO DO AFTER INTERNATIONAL TRAVEL

1. **Watch for measles symptoms for 3 weeks** after you return. Measles is **very contagious** and can spread to others quickly.
2. **Call the doctor or clinic RIGHT AWAY if:**
 - a. You think you or your child have been exposed to measles.
 - b. You or your child gets sick with a rash and fever. Tell your doctor where you traveled, and if your child got the MMR vaccine.
3. **Avoid contact if sick.** People can spread measles from 4 days before a rash develops through 4 days after the rash appears.

LEARN MORE

<https://www.cdc.gov/measles/travel/index.html>