Who Should Get MMR (Measles, Mumps, Rubella) Vaccine?

Children
CDC recommends all children get two doses of MMR (measles-mumps-rubella) vaccine, starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age. Children can receive the second dose earlier as long as it is at least 28 days after the first dose.

Students at post-high school educational institutions, e.g., colleges or universities
Students at post-high school educational institutions who do not have evidence of immunity** need two doses of MMR vaccine, separated by at least 28 days.

Adults
Adults who do not have evidence of immunity** should get at least one dose of MMR vaccine.

International travelers
People 6 months of age and older who will be traveling internationally should be protected against measles. Before any international travel—

- Infants 6 through 11 months of age should receive one dose of MMR vaccine. Infants who get one dose of MMR vaccine before their first birthday should get two more doses (one dose at 12 through 15 months of age and another dose separated by at least 28 days).
- Children 12 months of age and older should receive two doses of MMR vaccine, separated by at least 28 days.
- Teenagers and adults who do not have evidence of immunity** against measles should get two doses of MMR vaccine separated by at least 28 days.

See also https://wwwnc.cdc.gov/travel

Healthcare Personnel
Healthcare personnel without evidence of immunity** should get two doses of MMR vaccine, separated by at least 28 days.

Women of Childbearing Age
Women of childbearing age should check with their doctor to make sure they are vaccinated before they get pregnant. Women of childbearing age who are not pregnant and do not have evidence of immunity** should get at least one dose of MMR vaccine.

It is safe for breastfeeding women to receive MMR vaccination. Breastfeeding does not interfere with the response to MMR vaccine, and the baby will not be affected by the vaccine through breast milk.
Who Should Not Get MMR Vaccine?

Some people should not get MMR vaccine or should wait.

Tell your vaccine provider if the person getting the vaccine:

- Has any severe, life-threatening allergies. A person who has ever had a life-threatening allergic reaction after a dose of MMR vaccine, or has a severe allergy to any part of this vaccine, may be advised not to be vaccinated. Ask your health care provider if you want information about vaccine components.
- Is pregnant, or thinks she might be pregnant. Pregnant women should wait to get MMR vaccine until after they are no longer pregnant. Women should avoid getting pregnant for at least 1 month after getting MMR vaccine.
- Has a weakened immune system due to disease (such as cancer or HIV/AIDS) or medical treatments (such as radiation, immunotherapy, steroids, or chemotherapy).
- Has a parent, brother, or sister with a history of immune system problems.
- Has ever had a condition that makes them bruise or bleed easily.
- Has recently had a blood transfusion or received other blood products. You might be advised to postpone MMR vaccination for 3 months or more.
- Has tuberculosis.
- Has gotten any other vaccines in the past 4 weeks. Live vaccines given too close together might not work as well.
- Is not feeling well. A mild illness, such as a cold, is usually not a reason to postpone a vaccination. Someone who is moderately or severely ill should probably wait. Your doctor can advise you.

*This information was directly taken from the CDC MMR (Measles, Mumps & Rubella) Vaccine Information Statement dated 2/12/2018.

**Your healthcare provider can help you determine whether you have evidence of immunity.