



Do You Know If You Are Protected Against Measles?

Having measles during pregnancy can increase the chance of serious problems for mom and baby. The MMR (measles, mumps, rubella) vaccine provides the best protection against measles.

Have you ever had an MMR vaccine?

YES

I'M NOT SURE

NO

Check your vaccine records for the MMR vaccine.

Can't find your vaccine records?

- Ask your parents/guardians if they have your records.
- Ask your healthcare provider to check your medical records.
- Contact the state or jurisdiction where you grew up to request your vaccine records.

I found my vaccine records and I have had at least 1 dose of MMR vaccine.

I can't find my records **OR** I have found them, but I have not had an MMR vaccine.

Great!
For most adults, having 1 or more doses* of the MMR vaccine in their lifetime is sufficient.

Talk to your healthcare provider about getting the MMR vaccine.
Repeating the vaccine isn't harmful.

When can I get up to date on the MMR Vaccine?



I am NOT PREGNANT

- Getting an MMR vaccine before pregnancy helps protect you against measles now and during any future pregnancy.
- Some adults need to get 2 doses,* at least 28 days apart.
- SMFM recommends waiting at least 4 weeks after getting an MMR vaccine before getting pregnant.



I am PREGNANT

- The MMR vaccine is generally not recommended during pregnancy.
- You can lower your chances of getting measles during pregnancy by avoiding outbreak areas and contact with sick people, and washing your hands often.
- Taking vitamin A does not prevent measles. High doses of vitamin A during pregnancy can cause birth defects.



I am POSTPARTUM or BREASTFEEDING

- If you never got an MMR vaccine, then after pregnancy is a great time to get vaccinated.
- You can get it at the hospital after delivery before you go home. When everyone around your baby is vaccinated against measles, it helps protect your baby against infection.
- The MMR vaccine **can** be given while breastfeeding.

*If you are a student at college or other post-high school education institution, an international traveler, living with HIV, a healthcare worker, or live with someone who is severely immunocompromised, you might need 2 doses. Talk with your healthcare provider about your MMR vaccine recommendations. In case of a measles outbreak in your area, follow local recommendations.

