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Se Habla Español

IMPORTANT MEASLES VACCINE INFORMATION

A once common disease eliminated by vaccination is making a comeback and has been a headline in the news. **More than 90 cases** have been diagnosed in California since December.

How do I know if I am protected from measles?

- Check your immunization records, and read below for recommendations regarding who should get the vaccine called MMR (measles/mumps/rubella).

Should children get the measles vaccine?

- Yes, children need two doses. One dose at age 12-15 months, the second dose around 4 years of age (the 2nd dose can be given as early as 1 month after the first dose).
- If your child is 4 years or older and has only had 1 dose of the vaccine, a second dose is needed.
- **Measles vaccine is not usually given to infants under 12 months.** However, if you are traveling with an infant under 12 months of age to a destination where there are international travelers, please call the Advice Nurse before your trip at **1-877-661-6231 (option 1)**, they are available 24 hours a day, 7 days a week.

Should adults get the measles vaccine (MMR)?

- If you were born before 1956, you do not need to be vaccinated since you most likely had measles disease already and are protected.
- If you were born after 1956 but before 1970 and do not remember having had measles disease, then you will need a measles vaccination.
- If you were born in the USA after 1970, public schools have required 2 vaccinations so you are protected.
- If you were not born in this country and do not have a record of this vaccination, you should be vaccinated.

Where do I get the measles vaccine (MMR)?

- **CCHP plan members 7 years and older can get the measles vaccine at any Walgreens and 4 years or older at Rite Aid.**
- For children under these ages using County Health Centers, call Advice Nurse to get appointment with a Treatment Nurse. All other children under these ages should call their doctors' office to schedule an appointment.

If you have additional questions, please call the Advice Nurse at 1-877-661-6231 (option 1).

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