

MMR Vaccine FAQs

What is the MMR Vaccine?

- MMR vaccine protects against measles, mumps and rubella.
- MMR is given by a shot, and may be given at the same time as other vaccines.

Who should get the MMR vaccine?

- **Children:** The Centers for Disease Control and Prevention (CDC) recommends that children get one dose of MMR vaccine 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.
- **College students:** Students at post-secondary 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 plan on traveling internationally should be protected against measles.
- **Health care personnel:** Health care personnel should have documented evidence of immunity. Health care 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 do not have evidence of immunity should get at least one dose of MMR vaccine.

Who does not need the MMR vaccine?

- You do not need the MMR vaccine if you meet any of these criteria for evidence of immunity:
 - You have written documentation of adequate vaccination:
 - At least 1 dose of a measles, mumps and rubella-containing vaccine administered on or after the first birthday for preschool-age children and adults not at high risk for exposure and transmission.
 - 2 doses of measles- and mumps-containing vaccine for school-age children and adults at high risk for exposure and transmission, including college students, health care personnel and international travelers
 - You had blood tests that show you are immune to measles, mumps and rubella.
 - You have laboratory confirmation of past measles, mumps or rubella infection.
 - You were born before 1957.

Is there link between the MMR vaccine and Autism?

- In 2001, and again in 2004, the Institute of Medicine (IOM) Immunization Safety Review Committee – an independent body of experts who have no conflict of interest with pharmaceutical companies or organizations that make vaccine recommendations – studied a possible MMR-autism link and found **no evidence** supporting such a connection.
- A panel of experts brought together by the American Academy of Pediatrics (AAP) reached the same conclusion.
- Most of the authors of the original study linking MMR to autism have retracted their support of the study.

For Vaccine Schedules and Guidelines visit:

<https://www.cdc.gov/vaccines/schedules/index.html>

Frequently asked questions gathered from:

<https://www.cdc.gov/vaccines/index.html>