

## **VISITING ANOTHER COUNTRY?**

**PROTECT YOUR FAMILY.**

**THINK MEASLES.**

**MEASLES IS COMMON IN EUROPE, ASIA, THE PACIFIC, AND AFRICA.**

**After your trip, you want to bring home fun souvenirs, a phone full of photos, and fantastic memories—**

***not the measles!***

**BEFORE YOU TRAVEL-** Tell your doctor where you are traveling. Babies as young as 6 months of age can & should be vaccinated prior to travel.

**AFTER YOU TRAVEL** Call your doctor if anyone gets a fever and rash within 3 weeks of returning from your trip. Describe where you traveled.

**MEASLES IS VERY CONTAGIOUS.** Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

Check CDC's [website](#) for your destination to find other tips to keep you healthy while you travel. See a doctor or nurse 4 to 6 weeks before you travel abroad. Getting your MMR vaccine in advance of your travels ensures that your body has time to respond to the vaccine, so that you are protected from measles before you leave the country.

- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving. Please note: Your baby will still need the age-appropriate required immunizations to begin kindergarten
- If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.

Please remember to make sure the adults are also immunized.