

Measles FAQs?

How can I prevent getting measles?



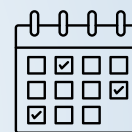
The most effective way to prevent measles is through MMR vaccination.

How many doses of the MMR vaccine do I need to be protected?

You need **2** doses in your lifetime for maximum immunity.

How long does it take the measles vaccine to work?

It takes about **2-3** weeks for maximum protection



What do I do if I'm not sure I was vaccinated or have immunity to measles?

Check your vaccination records and/or talk with your provider. If no records, get vaccinated!

There's no harm in getting a dose even if you may already be immune.



Do adults need a measles vaccine "booster"?

Most adults do not need another dose if already fully vaccinated.

But, if you received MMR vaccine between 1963 and 1967, you should get at least one dose of the MMR vaccine now.

MMR vaccine between 1963 and 1967 was less effective and may not protect you.

How can I protect myself and family from measles if traveling out of the country?

Make sure everyone is fully vaccinated ahead of the trip. If you have a child 6-11 months old who has not yet received their first MMR dose, CDC recommends getting one dose before traveling to provide protection.

If you have a school-age child, make sure they have 2 doses of MMR vaccine for protection.



Can Vitamin A prevent measles?



Vitamin A does NOT prevent measles. Taking too much Vitamin A can be toxic and cause serious health problems, like liver damage. Do not take Vitamin A unless under supervision of a healthcare provider.

The best way to prevent measles is through MMR vaccination.

For more FAQs, click here

[Frequently Asked Questions about Measles](#)



Talk with your provider or call
San Benito County Public Health
for more information:
(831)637-5367