

# PREVENT MEASLES



Measles cases are rising worldwide.



Check your immunization records and make sure your family is protected against measles, especially if travelling.

Children need 2 doses of the measles, mumps, rubella (MMR) vaccine:

- 1st dose: 12 months • 2nd dose: 4-6 years

Babies and young children travelling outside Canada may need to get their 1st or 2nd dose early.



Anyone born in 1970 or later should ensure they've had 2 doses of the measles vaccine.



For more information:

- Talk to your community health nurse or health care provider
- Visit [immunizebc.ca/mmr](https://immunizebc.ca/mmr)