

MMR Vaccine & Adults

Frequently asked questions

I'm an adult. Do I need to get vaccinated for measles?

Most adults are already protected against measles through vaccination or past infection. Adults born after 1956 should get measles, mumps, rubella (MMR) vaccine if they haven't already.

We recommend you verify your measles immunity status if you work in a:

- Healthcare facility (often required by employer).
- School.
- Correctional facility.

Childcare workers must have documented measles immunity.

What counts as proof of measles immunity?

- Born before 1957, though those who work in a healthcare facility should get MMR vaccine or getting lab proof of immunity.
- Written documentation of MMR vaccination—1 or 2 doses depending on the situation.
- Lab proof of immunity through vaccination or past infection.

Do I need proof of 1 or 2 doses of vaccine?

To show immunity:

- Most adults need proof of 1 dose of measles-containing vaccine.
- College students, childcare workers, and healthcare workers need proof of 2 doses of measles-containing vaccine to document immunity.

We recommend international travelers complete 2 doses of MMR vaccine before traveling.

I know I was vaccinated as a child, but I can't find my records. What should I do?

You can check a few places for your vaccine records:

- myirmobile.com.
- Previous healthcare providers.
- Former employers or schools.
- Family members.

Can't find your records and need them for work or school?

The quickest solution is to get MMR vaccine. Or talk with your healthcare provider about a blood test to check for immunity.



Scan or click the
QR code to visit
myirmobile.com

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What if I have an exemption or don't want to get vaccinated?

If a measles exposure occurs at your workplace, you may be required to quarantine—that means staying home for 21 days after the last exposure.

Is there anyone that shouldn't get MMR vaccine?

You may need to avoid MMR vaccine if you:

- Had a severe allergic reaction to vaccines or vaccine components in the past.
- Have severe immunocompromise from disease or medication.

Talk to your healthcare provider if these situations might apply to you. Additionally, pregnant people should delay getting MMR vaccine until after they give birth.

Where can I get MMR vaccine?

- Healthcare provider offices or clinics.
 - Pharmacies.
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Where can I get a blood test to document measles immunity?

- Healthcare providers offices or clinics.
- Lab testing centers.
- Some pharmacies or urgent care clinics.

Before you get vaccinated or tested, check with your insurance provider to see if it's covered.