



Hart & Arndt Family Health, PC

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Vaccine Recommendation

From provider source "Open Evidence"

The **Centers for Disease Control and Prevention (CDC) recommends a 2-dose MMR vaccine series** for routine measles immunization, with the first dose at 12–15 months of age and the second at 4–6 years before school entry. The minimum interval between doses is 28 days.

Adults require at least 1 documented dose unless they are at high risk of exposure (healthcare workers, students at post-secondary institutions, international travelers), in which case 2 doses are recommended. Evidence of immunity can also be demonstrated by positive measles IgG.

Additional Details:

Key Recommendations for Adults

- **Born Before 1957:** Generally considered immune to measles and usually do not need vaccination.
- **Born 1957 or Later:** Need documentation of at least one dose of MMR vaccine.
- **High-Risk Groups (2 doses needed):**
 - Students in post-high school education.
 - Healthcare personnel.
 - International travelers.
 - Individuals with HIV (if not severely immunocompromised).
 - Close contacts of immunocompromised individuals.



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Q&A on CDC Website:

- <https://www.cdc.gov/measles/about/questions.html>

Q: I am an adult now but only got 1 dose of measles vaccine as a child. Do I need a second dose?

For most adults born during or after 1957, 1 dose of measles vaccine is sufficient to be considered protected from measles. Some adults, including those who are in settings that pose a high risk for measles transmission or in specific populations, are recommended to have 2 lifetime documented doses separated by at least 28 days. These adults include:

- Students at post-high school educational institutions
- Healthcare personnel
- International travelers
- Adults who are household contacts or other close contacts of people who are immunocompromised
- Adults living with HIV who are able to receive the MMR vaccine (i.e., who are not severely immunocompromised)
- People who public health authorities determine are at increased risk for getting measles during a measles outbreak

If you're not sure whether you are up to date on measles vaccine, talk with your healthcare provider.