

# Measles Vaccine Recommendation Summary

## April 2025

Age/Status	Recommendations
Under one year of age	<p>Under routine circumstances MMR (measles/mumps/rubella) vaccine is not recommended for children under 12 months of age.</p> <p>MMR vaccine can be given to children as young as six months of age if they have been exposed, if they are in an outbreak setting, or if they are travelling to a measles-endemic area. Children who receive MMR vaccine before their first birthday should receive two additional doses of vaccine according to the routine schedule.</p>
1-6 years of age	<p>The first dose of MMR vaccine is recommended at 12-15 months of age.</p> <p>The second dose of MMR vaccine is recommended at 4-6 years of age. If both doses are needed for catch-up, they should be given at least 28 days apart.</p>
7-19 years of age	<p>Children who have not received two doses of MMR vaccine should receive the vaccine. If both doses of vaccine are needed for catch-up, the doses should be given at least 28 days apart.</p>
Adults - 20 years of age and older	<p>Anyone born after 1957 should be able to produce documentation of receiving a live-attenuated measles containing vaccine.</p> <p>Anyone without documentation of a measles containing vaccine who is in doubt about their vaccine status should receive at least one dose of MMR vaccine.</p> <p>Healthcare personnel, international travelers, and university students should receive two doses of MMR vaccine, separated by at least 28 days.</p>
Pregnant women	<p>Pregnant women should not receive the MMR vaccine.</p>
People exposed to measles	<p>People exposed to measles should receive MMR vaccine within 72 hours of exposure if they are:</p> <ul style="list-style-type: none"> <li>• Not fully vaccinated or had measles, and</li> <li>• Born after 1957, and</li> <li>• Over six months of age, and</li> <li>• Not pregnant, and</li> <li>• Not immunocompromised</li> </ul>

## International Travelers

The best protection against measles is if you have written documentation (records) showing at least one of the following:

- Received one dose of measles-containing vaccine and are an infant aged 6–11 months
- Received two doses of measles-containing vaccine and are 12 months or older
- Laboratory confirmation of having measles at some point in your life
- Laboratory confirmed that you are immune to measles
- You were born before 1957

## Additional Booster Shots of MMR Vaccine for Adults

CDC considers people who were vaccinated as children, according to the U.S. vaccination schedule, are protected for life and do not ever need a booster dose of MMR vaccine. Adults born before 1957 are protected due to previous infection. If you're not sure whether you are fully vaccinated, talk with your healthcare provider or local public health agency.

## Iowa Immunization Record Request

Iowa's Immunization Information System (IRIS) includes immunization records for patients of all ages. Parents and legal guardians can access records on behalf of their children until the child turns 18 years of age. Once an individual turns 18 years of age, that person's parents can no longer request a record, but the legal adult may request the information directly. Immunization records available in IRIS can be requested from any health care provider participating in IRIS or from Iowa's Immunization Program by completing the [Record Request Form](#).

## Source

[Measles Vaccination | Measles \(Rubeola\) | CDC](#)