

# PROTECTION

You have the power to protect your family.

Vaccines for measles, mumps, and rubella (MMR), help protect you and your loved ones.

- Measles is very contagious and can be serious.
- The MMR vaccine is a safe and effective way to prevent measles, and two other serious diseases – mumps and rubella.
- Most people who get the MMR vaccine are protected for life.
- All children should receive the MMR vaccine in two doses, usually at 12 to 15 months of age, and again at 4 to 6 years of age.
- Adults who have not previously had measles or the MMR vaccine should receive at least one dose of the MMR vaccine.



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Scan QR code for more information  
on MMR Vaccines.

