



Measles is not the souvenir you want. Vaccination is our best defense.

Alaskans love to travel and so does the measles virus. The United States had more than 1,250 cases of measles in over 30 states in 2019 and several countries are experiencing outbreaks. Now is the time to make sure you and your family's immunizations are up to date. Don't bring measles home with you!

BEFORE YOU TRAVEL

Talk to your health care provider and confirm your family's immunizations are up to date. MMR vaccine protects against measles. Children should get two doses of MMR, starting at 12-15 months with a second dose at 4-6 years of age.

AFTER YOU TRAVEL

Call your health care provider if you or anyone you have traveled with gets a fever and rash within three weeks of returning from your trip. Describe where you traveled.



Help prevent measles with the most powerful defense: the MMR vaccine.

For more reasons to vaccinate, talk to your child's health care provider or go to <http://www.cdc.gov/vaccines> or call 1-800-CDC-INFO.

If you don't have a health care provider, contact your public health nurse: <http://dhss.alaska.gov/dph/nursing/pages/locations.aspx>