The best way to protect against measles is to get the measles-mumps-rubella shot (called the MMR shot). Doctors recommend that all children get 2 doses of the MMR shot at the following ages:

- 12 through 15 months
- 4 through 6 years

Infants 6 months to 11 months old should have 1 dose of the MMR shot before traveling abroad.

Why should my child get the MMR shot?
The MMR shot:

- Protects your child from measles, a potentially serious disease (and also protects against mumps and rubella)
- Prevents your child from getting an uncomfortable rash and high fever from measles
- Keeps your child from missing school or childcare (and keeps you from missing work to care for your sick child)

Is the MMR safe?
Yes. The MMR shot is very safe, and it’s effective at preventing measles (as well as mumps and rubella). Vaccines, like any medicine, can have side effects. But most children who get the MMR shot have no side effects.

What are the side effects?
Most children do not have any side effects from the shot. The side effects that do occur are usually very mild, such as a fever or rash. More serious side effects are rare. These may include high fever that could cause a seizure (in about 1 person out of every 3,000 who get the shot) and temporary pain and stiffness in joints (mostly in teens and adults).

Is there a link between the MMR shot and autism?
No. Scientists in the United States and other countries have carefully studied the MMR shot. None have found a link between autism and the MMR shot.