

How do I know if I am protected from getting measles?

To be considered fully protected against measles you must have received 2 measles vaccines after the age of 12 months, given at least 4 weeks apart.

Many people think they are protected against measles because they received all their childhood immunisations. However, as the number and timing of measles immunisations has changed a lot over time, this may not be correct.

The only way to know for sure is to check your immunisation records. For information on checking or finding evidence of your immunisation status see info.health.nz/measlesimmunity.

If you were born and/or immunised in New Zealand, the table below will help you work out if you might need a measles mumps and rubella (MMR) vaccine.

Am I protected from measles?

When were you born?	Am I likely to be fully protected against measles?	Do I need an MMR vaccine?
Before 1 January 1969 in New Zealand	Yes Before this time there were no measles vaccines, so most people were infected with measles during childhood.	No
1969 to 1992*	Probably not You probably only had one measles vaccine, and it may have been given to you too young to give you long term protection.	Yes Unless you have records confirming you had two measles vaccines.
1992 to 2004**	Maybe not You may have only had one measles vaccine because of changes to the timing of recommended MMR vaccination.	Yes If you cannot confirm you had two measles vaccines.
After 2004***	Yes If you had all your childhood vaccines.	No Unless you do not have records confirming you had two measles vaccines.

* There was only one measles vaccine dose on the immunisation schedule at this time, and it may have been given to you before the age of 12 months.

** The timing of the second vaccine changed over this time and many people missed their second dose.

*** The schedule included two measles vaccines since this time, and where there were changes to timing, children were actively followed up to make sure they received their second MMR vaccine.

Disclaimer: This table should only be used as a guide. It does not replace advice from a health professional.