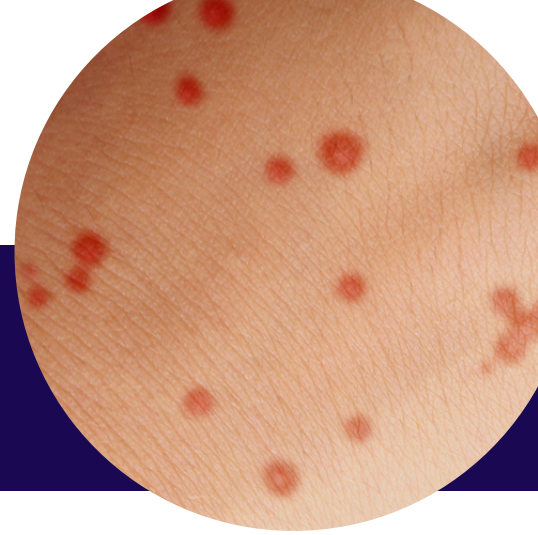


17/04/2025

# Measles in Melbourne - have you had two MMR vaccines?



**Measles is spreading in Melbourne.** There's lots of measles overseas and some now in Melbourne.

Measles is a viral illness that spreads very easily and sometimes causes serious illness. It can be prevented with **2 MMR vaccines given 1 month or more apart.**

## Protect yourself with the MMR vaccine

- Make sure you've had **2 doses of the MMR vaccine** (measles, mumps, and rubella).
- **If you don't know if you've had two doses, get another MMR!**
- MMR is **safe** and **highly effective**.
- If you were **born in Australia between 1966 and 1992** or were **born overseas** it is likely you have **only had 1 dose**.
- **Visit your GP or pharmacy** for a catch-up MMR vaccine.

## You need an MMR vaccine now unless:

- you know for sure that you have had 2 doses of MMR. Or,
- a blood test shows that you are immune to measles. Or,
- you were born in Australia before 1966.

For more information on measles and the MMR vaccine, visit  
[www.betterhealth.vic.gov.au/health/conditionsandtreatments/measles](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/measles)

To read more about measles in Melbourne, visit  
[www.health.vic.gov.au/health-alerts/new-measles-case-in-victoria-4](http://www.health.vic.gov.au/health-alerts/new-measles-case-in-victoria-4)

