

# Get vaccinated and protect yourself from **measles.**

**You need two doses of the measles-mumps-rubella (MMR) vaccine to protect yourself and others.**

If you were born between 1966 and 1992, you may have only had 1 dose of the MMR vaccine.

If you haven't had two doses, or you don't know, visit your GP or pharmacy.

No Medicare card is required to get a free state-funded MMR vaccine.



**To check your  
vaccination  
status visit:**

[www.betterhealth.vic.gov.au/health/healthyliving/How-to-find-your-immunisation-records](http://www.betterhealth.vic.gov.au/health/healthyliving/How-to-find-your-immunisation-records)

To receive this document in another format email  
[infectious.diseases@health.vic.gov.au](mailto:infectious.diseases@health.vic.gov.au)

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