

# GET THE MEASLES, MUMPS, AND RUBELLA (MMR) VACCINE

We have seen an increase in Measles in the last couple of years, so it very important to get vaccinated!

Most children get the dose before starting school but if you are an adult who has not been vaccinated against MMR, you can still get vaccinated!

You may be considered high risk for MMR in you are: a student in a post-sceondary insitution, are healthcare personnel, or if you are traveling internationally. If you are a part of these groups, make sure to get your vaccine!

Find out more: <https://www.cdc.gov/vaccines/vpd/mmr/public>

