



## **Outbreak MMR Vaccination Recommendations:**

Due to the current mumps outbreak in Hawaii, in addition to routine vaccination, **adolescents and adults** (born in 1957 or later) should receive **an additional MMR vaccine dose now**.

The outbreak dose of MMR vaccine is recommended, *regardless of*:

- Previous age-appropriate vaccination; or
- Documentation of a blood test showing immunity to mumps

MMR vaccine doses should be separated by at least 4 weeks. A person should receive no more than 3 doses of mumps-containing vaccine.

Before vaccines were available, nearly everyone was infected with mumps during childhood. The majority of people born before 1957 are likely to have been infected with mumps and therefore are presumed to be protected. Persons born before 1957 who are unsure if they had mumps disease previously should talk to their healthcare provider about vaccination.

In general, although it is not ideal, receiving extra doses of vaccine poses no medical problem.