

## **Measles, Mumps and Rubella (MMR) Vaccine Waiver**

The CDC recommends [MMR](#) vaccine to protect against measles, mumps, and rubella. Students at post-high school educational institutions who do not have presumptive [evidence of immunity](#) need two doses of MMR vaccine, separated by at least 28 days. During an outbreak, public health authorities may recommend an additional dose of MMR vaccine for people who are at increased risk for disease.

### **MEASLES**

Measles is a contagious disease caused by a virus. It spreads through the air when an infected person coughs or sneezes. Measles typically starts with a cough, runny nose, irritated eyes, fever, and rash. It can lead to ear infection, pneumonia, seizures, brain damage, and death.

Before the measles vaccination program started in 1963, an estimated 3 to 4 million people got measles each year in the U.S. Approximately 500,000 cases were reported to the CDC. Of those reported, approximately 500 resulted in death, 48,000 in hospitalization, and 1,000 developed encephalitis (brain swelling). Since then, widespread use of measles virus-containing vaccine has led to a greater than 99% reduction in measles cases compared with the pre-vaccine era. However, measles is still common in other countries, and unvaccinated people continue to get measles while abroad and bring the disease into the U.S. and spread it to others.

### **MUMPS**

Mumps is a contagious disease that is caused by a virus. Mumps typically starts with fever, headache, muscle aches, tiredness, loss of appetite, painful swallowing, and swollen glands. Mumps can lead to deafness, meningitis, painful swelling of the testicles or ovaries, and sterility.

Before the U.S. mumps vaccination program started in 1967, mumps was a universal disease of childhood. Since the pre-vaccine era, there has been a more than 99% decrease in mumps cases in the United States. Mumps outbreaks can still occur in highly vaccinated U.S. communities, particularly in settings where people have close, prolonged contact, such as universities and close-knit communities. However, high vaccination coverage helps to limit the size, duration, and spread of mumps outbreaks.

### **RUBELLA**

Rubella is a contagious disease caused by a virus. Most people who get rubella usually have mild illness, with symptoms that can include a low-grade fever, sore throat, and a rash that starts on the face and spreads to the rest of the body. Some people may also have a headache, [pink eye](#), and general discomfort before the rash appears. Rubella can cause miscarriage or serious birth defects in an unborn baby if a woman is infected while she is pregnant.

Before the availability of rubella vaccine in the U.S., rubella was a common disease that occurred primarily among young children. The last major epidemic in the U.S. occurred in 1964, when there were an estimated 12.5 million rubella cases. Because of successful vaccination programs, rubella has been eliminated from the U.S. since 2004. However, rubella is still common in other countries. Unvaccinated people can get rubella while abroad and bring the disease to the U.S.

### **EFFECTIVENESS OF VACCINE**

MMR vaccine protects against three diseases: measles, mumps, and rubella. The vaccine is very safe and effective.

- Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective.
- Two doses of MMR vaccine are about 88% effective at preventing mumps; one dose is about 78% effective.
- One dose of the MMR vaccine is about 97% effective at preventing rubella.

## AVAILABILITY OF VACCINE

MMR vaccine is available locally at the [St. Mary's County Health Department](#). Students interested in receiving the vaccination can also check for availability with their primary care clinicians, local pharmacies, and health departments in their areas to receive the vaccine before arriving to campus.

## WAIVER

**Individuals 18 years of age and older** may sign a written waiver choosing not to be vaccinated against Measles, Mumps and Rubella after reviewing the information on the risks of Measles, Mumps and Rubella, the availability of the vaccine, and effectiveness of the vaccine. *Hard copies of the information contained within the hyperlinks will be provided to you upon request.*

### For individuals 18 years of age and older:

I am 18 years of age or older. I have received and reviewed the information provided on the risk of Measles, Mumps and Rubella, and the effectiveness and availability of MMR vaccine. I understand that Measles, Mumps and Rubella can be life-threatening illnesses. I understand that individuals enrolled in an institution of higher education residing in student housing on campus be vaccinated against Measles, Mumps and Rubella unless a waiver is signed.

I choose to not be vaccinated and waive receipt of the MMR vaccine at this time.

\_\_\_\_\_  
Student Legal Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Student ID #

\_\_\_\_\_  
Date

**For individuals under 18 years of age**, the parent or guardian of the individual must review the information on the risks of Measles, Mumps and Rubella, the availability of the vaccine, the effectiveness of the vaccine, and sign a written waiver that they have chosen not to vaccinate the individual against Measles, Mumps and Rubella. *Hard copies of the information contained within the hyperlinks will be provided to you upon request.*

### For individuals under 18 years of age:

I am the parent or legal guardian of a residential student at SMCM who is younger than the age of 18 years. I have received and reviewed the information provided on the risk of Measles, Mumps and Rubella, the effectiveness, and the availability of MMR vaccine. I understand that Measles, Mumps and Rubella can be life-threatening illnesses. I understand that an individual enrolled in an institution of higher education residing in on-campus student housing is required to be vaccinated against Measles, Mumps and Rubella unless a waiver is signed.

As the legal parent or guardian of the individual under the age of 18 years, I am choosing to waive receipt of the MMR vaccine at this time.

\_\_\_\_\_  
Legal Name of Parent/Guardian

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Student Legal Name

\_\_\_\_\_  
Student ID#

\_\_\_\_\_  
Date