



Arkansas Department of Health

4815 West Markham Street • Little Rock, Arkansas 72205-3867 • Telephone (501) 661-2000

Governor Asa Hutchinson

Nathaniel Smith, MD, MPH, Director and State Health Officer

Arkansas 2018-2019 Immunization Exemption Application Packet for College or University Students

The Arkansas Board of Health requires that all students attending colleges and universities in the State of Arkansas be immunized against measles, mumps, and rubella. The Arkansas Department of Health is authorized by Act 999 of 2003 to grant individual exemptions from the immunization requirements. This packet contains an application for exemption, which you have requested. The application may be completed by parents or guardians of students or by students who are 18 years of age or older.

An application must be submitted for each student requesting an exemption from this immunization requirement. An application with a notarized signature must be submitted each school year to the Department of Health. Only a 2018-2019 Immunization Exemption Application will be accepted for the 2018-2019 school year. When approved, exemptions will be effective for the start of the Fall session in 2018 and go through the Summer sessions of 2019.

As part of the application, the law requires that the parent/guardian or college/university student complete an educational activity when requesting an exemption. The required educational activity can be met by reading the enclosed Vaccine Information Statement from the Centers for Disease Control and Prevention. This statement provides information about the measles, mumps, and rubella (MMR) vaccine. On page 6 of this application packet, you are asked to sign that you have received and reviewed the Vaccine Information Statement about the MMR vaccine, that you understand the risks and benefits of the MMR vaccine, and that you still choose to request an exemption.

Please submit your completed application to the Arkansas Department of Health Immunization Section. Be sure to complete each part of the application. Applications that are incomplete will not be accepted and will be returned to you for completion. This delay will increase the time needed for processing your application. We will send you a letter of approval or denial within ten working days of receiving a completed application. If your application is not complete, we will send you a checklist showing the reason(s) we were unable to process your application. You will then need to include the requested information and return the updated application for processing as soon as possible by fax, email, or mail; see page six of the application.

After you have received your approval letter, you are responsible for notifying your college or university that the exemption request has been approved. You are responsible for retaining the original letter. A copy of the approval letter is to be placed in the student's file at the college or university they attend.

Release of information will be provided only to the custodial parent/guardian or student who completes this application according to the notarized signature. If you have questions, please call the Immunization Section toll free at 1-800-574-4040.

Sincerely,

Jennifer Dillaha, MD
Medical Director, Immunizations
Center for Health Protection

If You Choose Not to Receive the MMR Vaccine, Understand the Risks and Responsibilities.

If you choose to reject the MMR vaccine, there can be risks.

Be aware:

- Measles, mumps, and rubella are vaccine-preventable diseases that can strike at any time in the U.S., because all of these diseases still circulate either in the U.S. or elsewhere in the world.
- Illnesses that result from these diseases, as well as the other vaccine-preventable diseases, can range from mild to severe and life-threatening. In most cases, there is no way to know beforehand if a person will get a mild or serious case.

When there is a vaccine-preventable disease in your community:

- It may not be too late to get protection by getting vaccinated.
- If there are cases (or, in some circumstances, a single case) of measles, mumps, or rubella in your community, the student may be excluded from the college or university or from organized activities, such as sports, until the outbreak is over.
- Your college or university will tell you when it is safe for an unvaccinated student to return. Unvaccinated students must be prepared to stay home for several days and up to several weeks.

Why vaccinate?

Vaccines save lives and protect against the spread of disease. Choosing not to immunize puts you/your child at risk. You/Your child could catch a disease that is dangerous or deadly. Getting vaccinated is much better than getting the disease.

Vaccines work. They have kept people healthy and have saved millions of lives for more than 50 years. Most childhood vaccines are 90 to 99 percent effective in preventing disease. And if a vaccinated person does get the disease, the symptoms are usually less serious than in a person who hasn't been vaccinated.

Vaccines are safe. All vaccines used in the U.S. must be approved by the Food and Drug Administration (FDA). The FDA will not let a vaccine be given unless it has been proven to be safe and to work well in people. The results are reviewed again by the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics, and the American Academy of Family Physicians before a vaccine is officially recommended to be given to children. Also, the FDA monitors where and how vaccines are made. The places where vaccines are made must be licensed. They are regularly inspected and each vaccine lot is safety-tested.

What if you don't vaccinate your child/yourself?

- You/Your child will be left at risk of catching the disease. Vaccines were developed to protect people from dangerous and often fatal diseases. Vaccines are safe and effective, and the vaccine-preventable diseases are still a threat.
- You/Your child will be an infectious disease threat to others. Persons who are not vaccinated can readily transmit vaccine-preventable diseases to others in their community.
 - Unvaccinated persons can pass diseases on to babies who are too young to be fully vaccinated.
 - Unvaccinated persons pose a threat to children and adults who cannot be vaccinated for medical reasons. This includes people with leukemia and other cancers, immune system problems, and people receiving treatment or medications that suppress their immune system.
 - Unvaccinated persons can infect the small percentage of persons who get vaccinated but do not reach full protection from a vaccine due to medical reasons.
- You/Your child may have to be excluded from college or university. During disease outbreaks, unvaccinated students may be excluded from college or university until the outbreak is over. Excluding unvaccinated students from college or university is for their own protection and the protection of others. Outbreaks may last for several days to several weeks. Therefore, exclusion can be a hardship for the student.

Your vaccination decision affects not only your health or the health of your child, but also all of your family, friends and their families, and your community.

For more information about vaccines, go to:

- Immunization Action Coalition at www.immunize.org and www.vaccineinformation.org.
- Centers for Disease Control and Prevention at www.cdc.gov/vaccines.
- American Academy of Pediatrics at www.aap.org/immunization.
- National Network for Immunization Information at www.nnii.org.
- Vaccine Education Center at the Children's Hospital of Philadelphia at www.chop.edu/service/vaccine-education-center/home.html.
- Every Child By Two at www.ecbt.org.

ADH, December 2017

Arkansas Immunization College or University Exemption Application 2018-2019 School Year

Please Note: To avoid processing delays, be sure to complete each part.

1. Select ONE of the following reasons for your exemption request:

MEDICAL

(Medical – You must attach a physician's letter stating the medical reason)

RELIGIOUS

PHILOSOPHICAL

2. Student's FULL Name and Contact Information:

First _____ Middle _____ Last _____

Mailing Address _____ City _____ County _____
(Include P.O. Box and/or Apartment #)

State _____ Zip _____ Sex(M/F) _____ Date of Birth ____ - ____ - ____

Race: (Select up to 3)

Alaskan Native or
American Indian

Asian

Black or
African American

Native Hawaiian or
Pacific Islander

White

Other

Ethnicity: (Select 1)

Hispanic or Latino

Not Hispanic or Latino

Daytime Phone (____) _____ - _____ E-mail _____
(For college/university student age 18 years or older only)

3. College or University Information:

College/University _____

Street Address _____ City _____ County _____ Zip _____

FIRST DAY OF ATTENDANCE FOR 2018-2019 SCHOOL YEAR: ____/____/20____
Month/ Day/ Year

4. Parent/Guardian Contact Information: *(Not required if college or university student is age 18 years or older)*

First _____ Middle _____ Last _____

Street/Mailing Address _____ City _____ County _____

State _____ Zip _____ Daytime Phone (____) _____ - _____ E-mail _____

Statement of Refusal to Vaccinate

Select the box after reading the statement below if you are age 18 years or older and **DO NOT** want to receive the MMR vaccine or if you are the parent of a student under the age of 18 years and you **DO NOT** want your child to receive the MMR vaccine.

MMR (Measles, Mumps, and Rubella) vaccine

I understand by not receiving the MMR vaccine, the student listed here is at risk of a rash, fever, cough, diarrhea, muscle aches, ear infections, pneumonia, headaches, seizures, meningitis, brain infections, inflammation of the testicles and ovaries, sterility, arthritis, inflammation of the pancreas, permanent deafness, permanent brain damage, and death. Birth defects if acquired while pregnant include deafness, cataracts, heart defects, mental retardation, and liver and spleen damage in the baby.

I have decided to decline the required MMR vaccine as indicated above, and I have checked the box to show I want to decline it.

I understand that if I or my child is exposed to measles, mumps, or rubella, for which I have chosen an exemption, the student should expect to be excluded from the college or university for 21 days or longer as determined by the Arkansas Department of Health. This is for the protection of the exempted student and the protection of others.

I understand that I may reconsider and accept vaccination for myself or my child at any time in the future.

Under penalty of law, I affirm that I have received and reviewed the entire application packet, including the Vaccine Information Statement from the Centers for Disease Control and Prevention regarding the risks associated with being unvaccinated as stated in this information, and that I still request an exemption from the MMR vaccine.

I understand that any release of information will be provided only to the custodial parent/guardian or the person who completes this application and according to the notarized signature.

Signature _____
Parent/Guardian or College or University Student

Notary Public

State of _____ County of _____

On this ___ day of _____, 20___, before me personally appeared _____
Parent/Guardian or College or University Student

known to me (or satisfactorily proven) to be the person whose name is subscribed to the within instrument and acknowledged that he/she executed the same for the purposes therein contained.

In witness whereof, I hereunto set my hand and official seal.



Signature _____
Notary Public

My Commission Expires: _____

Please Return Application: CHOOSE ONE METHOD ONLY

**MAIL to: Arkansas Department of Health
ATTN: Exemptions
4815 West Markham, Mail Slot #48
Little Rock, AR 72205**

EMAIL to: Immunization.Section@arkansas.gov

FAX to: (501)661-2300

Educational Component

Vaccinations are strongly recommended by the Arkansas Department of Health, the American Academy of Pediatrics, the American Academy of Family Physicians, and the Centers for Disease Control and Prevention.

Please read the attached documents.

VACCINE INFORMATION STATEMENT

MMR Vaccine

What You Need to Know

(Measles, Mumps
and Rubella)

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis.

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis.

1 Why get vaccinated?

Measles, mumps, and rubella are serious diseases. Before vaccines they were very common, especially among children.

Measles

- Measles virus causes rash, cough, runny nose, eye irritation, and fever.
- It can lead to ear infection, pneumonia, seizures (jerking and staring), brain damage, and death.

Mumps

- Mumps virus causes fever, headache, muscle pain, loss of appetite, and swollen glands.
- It can lead to deafness, meningitis (infection of the brain and spinal cord covering), painful swelling of the testicles or ovaries, and rarely sterility.

Rubella (German Measles)

- Rubella virus causes rash, arthritis (mostly in women), and mild fever.
- If a woman gets rubella while she is pregnant, she could have a miscarriage or her baby could be born with serious birth defects.

These diseases spread from person to person through the air. You can easily catch them by being around someone who is already infected.

Measles, mumps, and rubella (MMR) vaccine can protect children (and adults) from all three of these diseases.

Thanks to successful vaccination programs these diseases are much less common in the U.S. than they used to be. But if we stopped vaccinating they would return.

2 Who should get MMR vaccine and when?

Children should get 2 doses of MMR vaccine:

- **First Dose:** 12–15 months of age
- **Second Dose:** 4–6 years of age (may be given earlier, if at least 28 days after the 1st dose)

Some infants younger than 12 months should get a dose of MMR if they are traveling out of the country. (This dose will not count toward their routine series.)

Some adults should also get MMR vaccine: Generally, anyone 18 years of age or older who was born after 1956 should get at least one dose of MMR vaccine, unless they can show that they have either been vaccinated or had all three diseases.

MMR vaccine may be given at the same time as other vaccines.

Children between 1 and 12 years of age can get a “combination” vaccine called MMRV, which contains both MMR and varicella (chickenpox) vaccines. There is a separate Vaccine Information Statement for MMRV.

3 Some people should not get MMR vaccine or should wait.

- Anyone who has ever had a life-threatening allergic reaction to the antibiotic neomycin, or any other component of MMR vaccine, should not get the vaccine. Tell your doctor if you have any severe allergies.
- Anyone who had a life-threatening allergic reaction to a previous dose of MMR or MMRV vaccine should not get another dose.
- Some people who are sick at the time the shot is scheduled may be advised to wait until they recover before getting MMR vaccine.
- Pregnant women should not get MMR vaccine. Pregnant women who need the vaccine should wait until after giving birth. Women should avoid getting pregnant for 4 weeks after vaccination with MMR vaccine.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

- Tell your doctor if the person getting the vaccine:
 - Has HIV/AIDS, or another disease that affects the immune system
 - Is being treated with drugs that affect the immune system, such as steroids
 - Has any kind of cancer
 - Is being treated for cancer with radiation or drugs
 - Has ever had a low platelet count (a blood disorder)
 - Has gotten another vaccine within the past 4 weeks
 - Has recently had a transfusion or received other blood products

Any of these might be a reason to not get the vaccine, or delay vaccination until later.

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What are the risks from MMR vaccine?

A vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions.

The risk of MMR vaccine causing serious harm, or death, is extremely small.

Getting MMR vaccine is much safer than getting measles, mumps or rubella.

Most people who get MMR vaccine do not have any serious problems with it.

Mild problems

- Fever (up to 1 person out of 6)
- Mild rash (about 1 person out of 20)
- Swelling of glands in the cheeks or neck (about 1 person out of 75)

If these problems occur, it is usually within 6-14 days after the shot. They occur less often after the second dose.

Moderate problems

- Seizure (jerking or staring) caused by fever (about 1 out of 3,000 doses)
- Temporary pain and stiffness in the joints, mostly in teenage or adult women (up to 1 out of 4)
- Temporary low platelet count, which can cause a bleeding disorder (about 1 out of 30,000 doses)

Severe problems (very rare)

- Serious allergic reaction (less than 1 out of a million doses)
- Several other severe problems have been reported after a child gets MMR vaccine, including:
 - Deafness
 - Long-term seizures, coma, or lowered consciousness
 - Permanent brain damage

These are so rare that it is hard to tell whether they are caused by the vaccine.

5

What if there is a serious reaction?

What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or behavior changes.

Signs of a severe allergic reaction can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would start a few minutes to a few hours after the vaccination.

What should I do?

- If you think it is a severe allergic reaction or other emergency that can't wait, call 9-1-1 or get the person to the nearest hospital. Otherwise, call your doctor.
- Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor might file this report, or you can do it yourself through the VAERS web site at www.vaers.hhs.gov, or by calling 1-800-822-7967.

VAERS is only for reporting reactions. They do not give medical advice.

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The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines.

Persons who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling 1-800-338-2382 or visiting the VICP website at www.hrsa.gov/vaccinecompensation.

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How can I learn more?

- Ask your doctor.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call 1-800-232-4636 (1-800-CDC-INFO) or
 - Visit CDC's website at www.cdc.gov/vaccines

Vaccine Information Statement (Interim) MMR Vaccine

4/20/2012

42 U.S.C. § 300aa-26

Office Use Only

