



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 2019-2020 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, or you may complete the online application at <https://OnlineImmunizationExemption.ADH.Arkansas.gov/>. 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 2019-2020 Immunization Exemption Application will be accepted for the 2019-2020 school year. When approved, exemptions will be effective for the start of the Fall session in 2019 and go through the Summer sessions of 2020.

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 2018

You may complete the online application at <https://OnlineImmunizationExemption.ADH.Arkansas.gov/>

Arkansas Immunization College or University Exemption Application 2019-2020 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 **RELIGIOUS** **PHILOSOPHICAL**
(Medical – You must attach a physician’s letter stating the medical reason)

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 2019-2020 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.

MMR (Measles, Mumps, and Rubella) Vaccine: *What You Need to Know*

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 viral diseases that can have serious consequences. Before vaccines, these diseases were very common in the United States, especially among children. They are still common in many parts of the world.

Measles

- Measles virus causes symptoms that can include fever, cough, runny nose, and red, watery eyes, commonly followed by a rash that covers the whole body.
- Measles can lead to ear infections, diarrhea, and infection of the lungs (pneumonia). Rarely, measles can cause brain damage or death.

Mumps

- Mumps virus causes fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands under the ears on one or both sides.
- Mumps can lead to deafness, swelling of the brain and/or spinal cord covering (encephalitis or meningitis), painful swelling of the testicles or ovaries, and, very rarely, death.

Rubella (also known as **German Measles**)

- Rubella virus causes fever, sore throat, rash, headache, and eye irritation.
- Rubella can cause arthritis in up to half of teenage and adult women.
- 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 can easily spread from person to person. Measles doesn't even require personal contact. You can get measles by entering a room that a person with measles left up to 2 hours before.

Vaccines and high rates of vaccination have made these diseases much less common in the United States.

2 MMR vaccine

Children should get 2 doses of MMR vaccine, usually:

- First dose: 12 through 15 months of age
- Second dose: 4 through 6 years of age

Infants who will be traveling outside the United States when they are between 6 and 11 months of age should get a dose of MMR vaccine before travel. This can provide temporary protection from measles infection, but will not

give permanent immunity. The child should still get 2 doses at the recommended ages for long-lasting protection.

Adults might also need MMR vaccine. Many adults 18 years of age and older might be susceptible to measles, mumps, and rubella without knowing it.

A third dose of MMR might be recommended in certain mumps outbreak situations.

There are no known risks to getting MMR vaccine at the same time as other vaccines.

There is a combination vaccine called **MMRV** that contains both chickenpox and MMR vaccines. MMRV is an option for some children 12 months through 12 years of age. There is a separate Vaccine Information Statement for MMRV. Your health care provider can give you more information.

3 Some people should not get this vaccine

Tell your vaccine provider if the person getting the vaccine:

- **Has any severe, life-threatening allergies.** A person who has ever had a life-threatening allergic reaction after a dose of MMR vaccine, or has a severe allergy to any part of this vaccine, may be advised not to be vaccinated. Ask your health care provider if you want information about vaccine components.
- **Is pregnant, or thinks she might be pregnant.** Pregnant women should wait to get MMR vaccine until after they are no longer pregnant. Women should avoid getting pregnant for at least 1 month after getting MMR vaccine.
- **Has a weakened immune system** due to disease (such as cancer or HIV/AIDS) or medical treatments (such as radiation, immunotherapy, steroids, or chemotherapy).
- **Has a parent, brother, or sister with a history of immune system problems.**
- **Has ever had a condition that makes them bruise or bleed easily.**
- **Has recently had a blood transfusion or received other blood products.** You might be advised to postpone MMR vaccination for 3 months or more.



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

- **Has tuberculosis.**
- **Has gotten any other vaccines in the past 4 weeks.** Live vaccines given too close together might not work as well.
- **Is not feeling well.** A mild illness, such as a cold, is usually not a reason to postpone a vaccination. Someone who is moderately or severely ill should probably wait. Your doctor can advise you.

4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions. These are usually mild and go away on their own, but serious reactions are also possible.

Getting MMR vaccine is much safer than getting measles, mumps, or rubella disease. Most people who get MMR vaccine do not have any problems with it.

After MMR vaccination, a person might experience:

Minor events:

- Sore arm from the injection
- Fever
- Redness or rash at the injection site
- Swelling of glands in the cheeks or neck

If these events happen, they usually begin within 2 weeks after the shot. They occur less often after the second dose.

Moderate events:

- Seizure (jerking or staring) often associated with fever
- Temporary pain and stiffness in the joints, mostly in teenage or adult women
- Temporary low platelet count, which can cause unusual bleeding or bruising
- Rash all over body

Severe events occur very rarely:

- Deafness
- Long-term seizures, coma, or lowered consciousness
- Brain damage

Other things that could happen after this vaccine:

- People sometimes faint after medical procedures, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting and injuries caused by a fall. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.
- Some people get shoulder pain that can be more severe and longer-lasting than routine soreness that can follow injections. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions to a vaccine are estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: www.cdc.gov/vaccinesafety/

5 What if there is a serious problem?

What should I look for?

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

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 usually 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 and get to the nearest hospital. Otherwise, call your health care provider.

Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should 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 does not give medical advice.

6 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. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- 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 MMR Vaccine

2/12/2018

42 U.S.C. § 300aa-26

