



**Student Health Center**

901 East Alostia Ave.

PO Box 7000

Azusa, CA 91702

I would like to waive the MMR vaccination due to the following reason(s):

- Medical Exemption for the following medical condition: \_\_\_\_\_
- Religious Exemption for the following religion or religious belief: \_\_\_\_\_
- Other: \_\_\_\_\_

By signing below, I attest that I have read page two of this document which describes the risks and benefits of the MMR vaccine as well as the risk associated with contracting measles, mumps or rubella. In addition, I am aware that if I have any further questions about this, I am able to schedule a free appointment at the APU SHC to discuss.

If an outbreak of measles, mumps or rubella occurs on or near the APU campus, I understand that the health department may require that I be quarantined (removed from classes and isolated) for several weeks. Your professors may be able to accommodate your situation but are not required to do so, and in fact, may not be able to do so. Finally, APU is not responsible for any lost tuition that may occur should you have to drop a class or fail a class due to your quarantine.

---

Printed name of student (or parent or guardian if student is a minor) and DOB

---

Signature of student if 18 years or older; if 17 or less then parent or guardian to sign

Date

## **PER THE CENTERS FOR DISEASE CONTROL AND PREVENTION:**

### **WHAT DOES CURRENT SCIENTIFIC EVIDENCE SAY ABOUT THE MMR VACCINE?**

At this time, experts do **NOT** feel that the MMR vaccine (nor any other vaccine) is associated with any chronic immune problems or autism. Thimerosal, which is a preservative that was used in vaccines for many years and which was occasionally blamed for causing autism and other problems, was removed from all childhood vaccines in 2001. Despite this, rates of autism have continued to increase, which is the opposite of what you would expect to find if it was related to vaccinations. The MMR vaccine has never contained Thimerosal. Current evidence suggests genetic factors as the primary cause of autism.

### **POTENTIAL RISKS ASSOCIATED WITH REFUSING THE MMR VACCINE:**

Measles and mumps still pose a threat in Los Angeles County

If an outbreak of measles, mumps or rubella occurs on the APU campus, those that have deferred vaccination will likely be kept out of school for days, or even weeks, until the outbreak has passed for the protection of the student and others.

### **POTENTIAL RISKS ASSOCIATED WITH RECEIVING THE MMR VACCINE:**

You should not receive the vaccine if you have a fever or have had a prior allergic reaction to the MMR vaccine. Rare episodes of passing out may occur, as well as encephalitis, meningitis, Guillain-Barre syndrome or seizure. Vaccines are safe and most side effects are minor and much less serious than the disease it is trying to prevent.

### **RISKS ASSOCIATED WITH CONTRACTING MEASLES, MUMPS OR RUBELLA:**

**Measles** is highly contagious and can cause pneumonia. **Mumps** can cause meningitis (infection of the fluid surrounding the brain) and **Rubella** can cause severe birth defects and death, especially if a pregnant female is not immune

### **MEASLES, MUMPS AND RUBELLA IN THE U.S. PRIOR TO VACCINATION:**

The vaccine for measles, mumps and rubella was developed in the 1960's and the statistics below are taken from the Centers for Disease Control and Prevention MMWR report 6/14/13. As you can see, these three diseases were common prior to the vaccine, and although there has been a bit of an increase in the last few years due to an increased number of people refusing vaccinations and traveling abroad, the incidence is still low compared to the prevaccine era.

### **MEASLES PRIOR TO THE VACCINE ERA**

Prior to the measles vaccination program in 1963, measles occurred in epidemic cycles and approximately 3 to 4 million persons acquired measles annually with about 500 people dying, 48,000 being hospitalized, and another 1,000 sustaining permanent brain damage from measles encephalitis.

### **RUBELLA AND CONGENITAL RUBELLA SYNDROM PRIOR TO THE VACCINE ERA**

Before the rubella vaccine was licensed in the US in 1969, rubella was common. Most rubella cases were among young children between the ages of 5 and 9. During the 1964 rubella epidemic, an estimated 12.5 million rubella cases occurred in the US, resulting in approximately 2,000 cases of encephalitis, 2,100 infants who were stillborn or died soon after birth, and 20,000 infants born with CRS.

### **MUMPS PRIOR TO THE VACCINE ERA**

Before the introduction of vaccine in 1967, mumps was a universal disease of childhood. Most children were infected by age 14, with peak incidence among children aged 5 to 9 years.