



Declination Form for Measles Vaccination

Please read the attached Vaccine Information Sheet from the Centers for Disease Control and Prevention. If you have any questions regarding the declination process or policy, please contact the Biosafety and Occupational Health Department (BOHD) at (612) 626-5008 or uohs@umn.edu. If you have a health concern, please contact your primary care provider or BOHD for a referral. Please return the signed form to BOHD by email, mail, or fax (information below).

Full Name (please print): _____

Date of Birth: _____ Employee ID: _____

I understand that the vaccine indicated above is being offered by my employer due to my risk of occupational exposure and not for the purpose of providing general health care, and to protect research animals from possible infection by humans working with or in close contact with these animals. I have had a chance to ask questions which were answered to my satisfaction. I know that the BOHD can provide me with a physician to consult or I can consult my private physician before declining this vaccination.

I believe that I understand the benefits and risks of the vaccine indicated above. I understand I may be at risk of acquiring an infection through occupational exposure, and that my access to animal facilities and/or approval on Institutional Animal Care and Use Committee (IACUC) protocols may be affected by declining the vaccine indicated above. I have been given the opportunity to be vaccinated with the above indicated vaccine at no charge to me.

I have been given and read the applicable Vaccine Information Statement. I understand that by declining this vaccine, I continue to be at risk of acquiring infections and/or a serious disease that may have been prevented or made less severe by this vaccine. If, in the future, I continue to have occupational exposure, and I want to be vaccinated with the above indicated vaccine, I can receive the vaccine at no charge to me.

I decline the vaccine test at this time, and voluntarily assume the risks and costs associated with my decision not to receive the above indicated vaccine/screening test.

Because I am declining the above indicated vaccine/screening test, there may be additional preventative measures that the BOHD may require to protect the safety and welfare of the animals. I agree to be subject to such additional requirements, including restrictions from accessing certain species as determined necessary by IACUC.

Employee Signature: _____ Date: _____

Employee Printed Name: _____

Send as a PDF to uohs@umn.edu or mail to one of the addresses listed below:

U.S. Mail:
BOHD
Thompson Center for Environmental Management
501 23rd Ave. SE
Minneapolis, MN 55455

Campus Mail:
Environmental Health/Safety
ThompCtr
2681A
Confidential Fax: (612) 626-9643

MMR Vaccine (Measles, Mumps, and Rubella): *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?

MMR vaccine can prevent **measles, mumps, and rubella**.

- **MEASLES (M)** causes fever, cough, runny nose, and red, watery eyes, commonly followed by a rash that covers the whole body. It can lead to seizures (often associated with fever), ear infections, diarrhea, and pneumonia. Rarely, measles can cause brain damage or death.
- **MUMPS (M)** causes fever, headache, muscle aches, tiredness, loss of appetite, and swollen and tender salivary glands under the ears. It can lead to deafness, swelling of the brain and/or spinal cord covering, painful swelling of the testicles or ovaries, and, very rarely, death.
- **RUBELLA (R)** causes fever, sore throat, rash, headache, and eye irritation. It can cause arthritis in up to half of teenage and adult women. If a person gets rubella while they are pregnant, they could have a miscarriage or the baby could be born with serious birth defects.

Most people who are vaccinated with MMR will be protected for life. Vaccines and high rates of vaccination have made these diseases much less common in the United States.

2. MMR vaccine

Children need 2 doses of MMR vaccine, usually:

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

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. These children should still get 2 additional doses at the recommended ages for long-lasting protection.

Older children, adolescents, and adults also need 1 or 2 doses of MMR vaccine if they are not already

immune to measles, mumps, and rubella. Your health care provider can help you determine how many doses you need.

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

MMR vaccine may be given at the same time as other vaccines. Children 12 months through 12 years of age might receive MMR vaccine together with varicella vaccine in a single shot, known as MMRV. Your health care provider can give you more information.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of MMR or MMRV vaccine**, or has any **severe, life-threatening allergies**
- Is **pregnant** or thinks they might be pregnant—pregnant people should not get MMR vaccine
- Has a **weakened immune system**, or has a **parent, brother, or sister with a history of hereditary or congenital immune system problems**
- Has ever had a **condition that makes him or her bruise or bleed easily**
- Has recently had a **blood transfusion or received other blood products**
- Has **tuberculosis**
- Has **gotten any other vaccines in the past 4 weeks**

In some cases, your health care provider may decide to postpone MMR vaccination until a future visit.



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

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting MMR vaccine.

Your health care provider can give you more information.

4. Risks of a vaccine reaction

- Sore arm from the injection or redness where the shot is given, fever, and a mild rash can happen after MMR vaccination.
- Swelling of the glands in the cheeks or neck or temporary pain and stiffness in the joints (mostly in teenage or adult women) sometimes occur after MMR vaccination.
- More serious reactions happen rarely. These can include seizures (often associated with fever) or temporary low platelet count that can cause unusual bleeding or bruising.
- In people with serious immune system problems, this vaccine may cause an infection that may be life-threatening. People with serious immune system problems should not get MMR vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

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

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do 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. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines.
- 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.

