

**St. Mary's College of Maryland**  
**Measles, Mumps, and Rubella Vaccine (MMR)**

**Waiver for AY 26/27**

**Fall admission due: August 1**

**Spring admission due: January 1**

The U.S. Centers for Disease Control and Prevention (CDC), the American Academy of Family Physicians, and other professional public health organizations strongly recommend the [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 the MMR vaccine, spaced at least 28 days apart. During an outbreak, public health authorities may recommend an additional dose of the MMR vaccine for people who are at increased risk of 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 infections, pneumonia, seizures, brain damage, and death.

Before the United States (U.S.) measles vaccination program began in 1963, an estimated 3 to 4 million people contracted measles each year. Approximately 500,000 cases were reported to the CDC annually; of those, about 500 resulted in death, 48,000 in hospitalization, and 1,000 in encephalitis. Since the introduction of measles-containing vaccines, cases have decreased by more than 99% compared with the pre-vaccine era. However, recent outbreaks demonstrate that measles remains a relevant public health concern. Because measles is still common in other countries, unvaccinated individuals may become infected while traveling abroad and bring the disease into the U.S., where it can spread to others.

**MUMPS**

Mumps is a contagious disease that is caused by a virus. Mumps typically begins 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 began 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. Mumps outbreaks can still occur in highly unvaccinated communities, particularly in settings where people have close, prolonged contact, such as universities. 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 a 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 headaches, pinkeye, 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 the rubella vaccine in the U.S., rubella was a common disease that occurred primarily among young children. The last major epidemic occurred in 1964 when there were an estimated 12.5 million rubella cases. Because of successful vaccination programs, rubella has been eliminated since 2004. However, rubella is still common in other countries, and unvaccinated people can get rubella while abroad and bring the disease to the U.S.

**EFFECTIVENESS OF VACCINE**

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

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

The MMR vaccine is available locally at the [FREE adult immunization clinic](#) of the St. Mary's County Health Department. Those interested in receiving the vaccination can also check for availability with their primary care clinicians, local pharmacies, and health departments in their primary county of residence before arriving on campus.

**Individuals 18 years of age and older** may sign a written waiver to decline vaccination against measles, mumps, and rubella after reviewing information regarding the risks of these diseases, as well as the availability and effectiveness of the MMR vaccine. Hard copies of this information are available upon request.

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

I am 18 years of age or older, or I am an emancipated minor as defined by [Maryland Minor Consent Laws](#). I have received and reviewed information regarding the risks of measles, mumps, and rubella, as well as the effectiveness and availability of the MMR vaccine. I understand that measles, mumps, and rubella are potentially life-threatening illnesses. I further understand that individuals enrolled in an institution of higher education who reside in on-campus housing are required by St. Mary's College of Maryland to be vaccinated against measles, mumps, and rubella unless a waiver is signed.

I elect to decline vaccination and waive receipt of the MMR vaccine at this time. I acknowledge that I have reviewed the information provided and accept responsibility for this decision.

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Student Legal Name

\_\_\_\_\_

Student Signature

\_\_\_\_\_

Student ID #

\_\_\_\_\_

Date

**For individuals under 18 years of age**, a parent or legal guardian must review information regarding the risks of measles, mumps, and rubella, as well as the availability and effectiveness of the MMR vaccine, and sign a written waiver indicating their decision not to vaccinate the individual. Hard copies of this information are available upon request.

**For individuals under 18 years of age:**

I am the parent or legal guardian of a residential student at SMCM who is under 18 years of age. I have received and reviewed the information provided regarding the risks of measles, mumps, and rubella, as well as the effectiveness and availability of the MMR vaccine. I understand that measles, mumps, and rubella are potentially life-threatening illnesses. I further understand that students enrolled and residing in campus housing are required to be vaccinated against measles, mumps, and rubella unless a waiver is signed.

As their parent or legal guardian, I elect to waive the MMR vaccination at this time. I acknowledge that I have reviewed information regarding the risks of these diseases and the benefits of vaccination, and I accept responsibility for this decision.

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Legal Name of Parent/Guardian

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Parent/Guardian Signature

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Relationship

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Student Legal Name

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Student ID#

\_\_\_\_\_

Date