



## Rubella Vaccine Acceptance/Declination Form

Due to your occupational exposure to Rubella virus you may be at risk of Rubella (German measles), a mild viral disease with fever and rash. Symptoms in adults may include fever, headache, malaise, runny nose, and conjunctivitis prior to rash onset; swollen lymph nodes often precede the rash by 5-10 days. Complications are rare but tend to occur more often in adults than children. Complications may include arthritis, encephalitis, hemorrhage, orchitis, and neuritis. Up to 50% of rubella infections are asymptomatic. You may obtain screening and/or the Rubella vaccination from the Center for Occupational & Environmental Medicine (COEM) at no cost to you.

Rubella vaccination is recommended unless:

- 1) Documentation of prior vaccination
- 2) Physician documentation of prior measles infection
- 3) Laboratory evidence of immunity
- 4) Medical evaluation identifies that vaccination is contraindicated.

The vaccination may be obtained from the UCSD Center for Occupational & Environmental Medicine (COEM) at no cost to you. Contact the EHS Occupational Health Nurse for an authorization form if you are requesting vaccination (858-534-8225).

Please review the [Vaccine Information Statement: https://www.cdc.gov/vaccines/hcp/vis/current-vis.html](https://www.cdc.gov/vaccines/hcp/vis/current-vis.html)

(or see page 2-3), then choose one of the following options:

- I certify that I have been offered and will participate in the rubella vaccine program. I understand that I must request an appointment for the vaccination by contacting UCSD Center for Occupational and Environmental Medicine (COEM).
- I understand that due to my occupational exposure to aerosol transmissible diseases and/or other biological agents or toxins, I may be at risk of acquiring infection with rubella virus. I have been given the opportunity to be vaccinated against this disease or pathogen at no charge to me. However, I decline this vaccination at this time. I understand that by declining this vaccine, I continue to be at risk of acquiring rubella, a serious disease. If in the future I continue to have occupational exposure to aerosol transmissible diseases and/or other biological agents or toxins and want to be vaccinated, I can receive the vaccination at no charge to me.

List date(s) of prior rubella vaccination if applicable: \_\_\_\_\_ . Provide documentation to the EHS Occupational Health Nurse at Fax# 858-534-7561 or mail code 0091.

Employee Name (print) \_\_\_\_\_ Phone#: \_\_\_\_\_

UCSD Employee ID#: \_\_\_\_\_ Email address \_\_\_\_\_

Dept Name: \_\_\_\_\_ Dept Recharge Index#: \_\_\_\_\_  
(required for tracking purposes only)

Principal Investigator you work for \_\_\_\_\_

Participant Status (check all that apply):

- |  |  |
|--|--|
| <input type="checkbox"/> UCSD Faculty                    | <input type="checkbox"/> Visiting Scientist                              |
| <input type="checkbox"/> UCSD Staff                      | <input type="checkbox"/> Affiliate                                       |
| <input type="checkbox"/> UCSD Registered Volunteer       | <input type="checkbox"/> Non-registered Volunteer                        |
| <input type="checkbox"/> UCSD-Paid Undergraduate Student | <input type="checkbox"/> Non-Paid Undergraduate Student                  |
| <input type="checkbox"/> UCSD-Paid Graduate Student      | <input type="checkbox"/> Non-Paid Graduate Student                       |
| <input type="checkbox"/> Non-Senate UCSD Academic Staff  | <input type="checkbox"/> Other (specify if UCSD-paid assignment or not): |

\_\_\_\_\_  
Signature of Employee

\_\_\_\_\_  
Date signed

**RETURN FORM TO OCCUPATIONAL HEALTH NURSE, Fax #858-534-7561 or mail code 0091.**

# MMR (Measles, Mumps, & Rubella) Vaccine

## What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis).

Hojas de Información Sobre Vacunas están disponibles en Español y en muchos otros idiomas. Visite <http://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.



- 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.

**4 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?**

- Any unusual condition, such as a high fever or unusual behavior. Signs of a serious allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

**What should I do?**

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** your doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your doctor to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS web site at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling **1-800-822-7967**.

*VAERS does not provide medical advice.*

**6 The National Vaccine Injury Compensation Program**

The National Vaccine Injury Compensation Program (VICP) was created in 1986.

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](http://www.hrsa.gov/vaccinecompensation).

**7 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](http://www.cdc.gov/vaccines)

Vaccine Information Statement (Interim)

**MMR Vaccine**

4/20/2012

42 U.S.C. § 300aa-26

